

# Heaven Help Me

**COPPER** **KNOB**  
BY STEPHANIE

拍數: 32      牆數: 2  
編舞者: Nath SASSARO (FR) - April 2021  
音樂: Heaven Help Me - Rob Thomas

級數: Absolute Beginner



Intro : 32 counts

## SQ1 : Side Rock - Cross (R, L)

1-2            Step RF to R (1) Recover on LF (2)  
3-4            Cross RF over LF (3) Hold (4)  
5-6            Step LF to L (5) Recover on LF (6)  
7-8            Cross LF over RF (7) Hold (8)

## SQ2 : Rock Fwd - Back step - Coaster Step

1-2            Step RF fwd (1) Recover on LF (2)  
3-4            Step RF back (3) Hold (4)  
5-6            Step LF back (5) RF close to LF (6)  
7-8            Step LF fwd (7) Hold (8)

## SQ3 : Step Fwd - 1/4T -Cross- Side Step - 1/4T - Side Step - Cross

1-2            Step RF fwd (1) ¼ T to L (2) (weight on LF)  
3-4            Cross RF over LF (3) Hold (4)  
5-6            Step LF to L side (5) Step RF to R side as you make ¼ T to R (6)  
7-8            Cross LF over RF (7) Hold (8)

## SQ4 : Side step - Touch - ¼ T - Step Fwd - Touch (x2)

1-2            Step RF to R side (1) Touch LF next to RF (2) (keep your weight on RF)  
3-4            ¼ T to L, as you step LF fwd (3) Touch RF next to LF (4) (keep your weight on LF)  
5-6            Step RF to R side (5) Touch LF next to RF (6) (keep your weight on RF)  
7-8            ¼ T to L, as you step LF fwd (3) Touch RF next to LF (4) (keep your weight on LF)

Ending : As you will be facing the front wall, stop after the coaster step (end of the SQ2)

Enjoy

RF= Right Foot - LF=Left Foot - R=Right - L= Left - Fwd= Foward

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