

# I Will Help You

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Silvia Schill (DE) - April 2021  
音樂: I Will Help You - Ilse DeLange



The dance begins at: 'Before the damage starts to break you' (about 21 seconds)

## S1: Side, rock back, ¼ turn r, rock back, rock forward

- 1-3            Step right with right - step back with left - weight back on right  
4-6            ¼ turn right around and step left with left - step back with right, weight back on left (3 o'clock)  
7-8            Step forward with right - weight back on left

## S2: Touch behind, unwind ½ r, step, pivot ½ r, step, pivot ¼ r, step, point

- 1-2            Touch right toe behind left foot - ½ turn right around on both balls, weight at end right (9 o'clock)  
3-4            Step forward with left - ½ turn right around on both balls, weight at end right (3 o'clock)  
5-6            Step forward with left - ¼ turn right around on both balls, weight at end right (6 o'clock)  
7-8            Step forward with left - tap right toe (swing in a circle to the right and) right.

Ending: The dance ends after '1-2' with only a ¼ turn to the right on '2' - 12 o'clock

## S3: Cross, side, cross, point, cross, back, ¼ turn l, side, touch

- 1-2            Cross right over left - step left with left  
3-4            Cross right over left - tap left toe (swing in a circle to the right and) left  
5-6            Cross left over right - ¼ turn left around and step back with right (3 o'clock)  
7-8            Step left with left - touch right next to left

Restart: In the 6th round - towards 6 o'clock - break off here and start again from the beginning

Tag/restart: In the 8th round - towards 12 o'clock - break off here, dance the tag and start again from the beginning

## S4: Rolling vine r, vine l

- 1-4            3 steps in the direction to the right, doing a full turn to the right (r - l - r) - tap left beside right  
5-6            Step left with left - cross right behind left  
7-8            Step left with left - touch right next to left.

Repeat to the end

## Tag

### Rocking chair

- 1-2            Step forward with right - weight back on left foot

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

Contact: [birgit.golejewski@gmail.com](mailto:birgit.golejewski@gmail.com) [www.country-linedancer.de](http://www.country-linedancer.de)