

I Had Some Help

拍數: 32 牆數: 4 級數: Improver
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音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro: 16 Counts - Weight will begin on Right
Restart on wall 4 after 16 counts

Section 1: 1/4 Heel Grind, Back Shuffle, Coaster Step, 1/2 pivot

1-2 Touch L heel forward w/ toe turned toward R (1), rotate toe to L making a 1/4 turn L (2) 9:00
3&4 Step L back, step R next to L, step L back
5&6 Step R back, step L next to R, step R forward
7-8 Step L forward, pivot 1/2 R transferring weight onto R (3:00)

Section 2: Rock, Recover, 1/2 Step, Full Step, L&R Shuffles

1-2 Rock forward on L, recover back on R
3-4 1/2 Turn L stepping L forward, full turn L stepping R forward (9:00)
5&6 Step L forward, step R next to L, step L forward
7&8 Step R forward, step L next to R, step R forward

****RESTART ON WALL 4**

Section 3: Rock, Recover, 1/2 Step, 1/4 Step, L&R Sailor Steps

1-2 Rock forward on L, recover back on R
3-4 1/2 turn L stepping L, 1/4 turn L stepping R (12:00)
5-8 Sweep L foot behind R (5), step on R (&), step on L(6), sweep R foot behind L(7), step on L (&), step on R (8)

Section 4: 1/4 Jazz Box, Scuff, Stomp x2, Sways x2

1-4 Cross L over R, step R back, make 1/4 turn L stepping L, scuff R (9:00)
5-6 Stomp R, stomp L
7-8 Sway R, sway L
