

I Had Some Help

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Maggie May (UK) - May 2024
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



#32 count intro

(1-8) R stomp hitch coaster step, L stomp half turn, triple step

1, 2 R stomp forward, hitch R
3&4 Step R back, step L next to R, step R forward
5, 6 L stomp forward, Half turn over L shoulder, turning on R leg with L leg hitched
7&8 L step forward, R step next to L, L step forward

(9-16) R stomp, L stomp, heels, toes, hitch R, R point, hitch 1/4 turn, R coaster step

1, 2 R stomp out, L stomp out
3&4 Bring both heels in, then both toes in, hitch R
5, 6 R point to the side, R hitch to turn 1/4 over R shoulder
7&8 Step R back, step L next to R, step R forward

(17-24) 2x jump L&R, R Monterey turn, L out side step

&1&2 Jump L, touch R, Jump R, touch L
&3&4 Jump L, touch R, Jump R, touch L
&5, 6 Step down on L, point R, 1/2 turn over R shoulder and step R next to L transfer weight onto R
7&8 Step L out to side, step R to side, step forward on L

(25-32) R pivot turn, R triple forward, L out side step to prep 2 count turn over R shoulder

1, 2 Step R forward, 1/2 turn over L shoulder
3&4 Step R forward, step L next to R, step R forward
5&6 Step L out to side, step R to side, step forward on L
7, 8 Full turn over R shoulder

Tag: on wall 4 on your 2nd count of 8 the first 6 counts are the same, for counts 7 and 8 instead of doing a coaster step, rock back on R, recover on L and touch R next to L staying weighted on L to restart the dance (styling options, rock recover jump, rock recover spin)