

# Help! (I Had Some)

COPPER KNOB  
STEP SHEETS

拍數: 32      牆數: 2      級數: High Improver  
編舞者: Rick Dominguez (USA) - May 2024  
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone  
或: Return of the Mack - Mark Morrison



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## Soul Song Switch: "Return Of the Mack" by Mark Morrison

### [1-8] Side Stamp, L ¼ Hitch, Back Rock Recover, Shuffle, Rock Recover

1-2            Stamp R to right side, ¼ hitch L (9 o'clock)  
3-4            Rock back on L, recover weight on R  
5&6           Step L forward, step R next to L, step L forward  
7-8            Rock R forward, recover weight on L

### [9-16] ¼ Right, ½ Left Hitch, Side Rock Recover, Weave, Side Rock Recover

1-2            Step R to right side as you turn ¼ (12 o'clock), continue rotating over right shoulder ½ turn facing back wall (6 o'clock) as you hitch L knee up  
3-4            Rock L to left side, recover weight on R  
5&6           Step L behind R, step R to right side, cross L over right  
7-8            Rock R to right side, recover weight on L

[Restart here on 4th wall, facing 12 O'clock]

### [17-24] Rock Back Recover, Shuffle Forward, Rock Recover, 1/2 Shuffle Turn

1-2            Rock R back (point two fingers up on both hands, L at 10, R at 2 for styling on chorus hitting the lyric top "shelf"), recover weight on L  
3&4           Step R forward, step L next to R, step R forward  
5-6            Rock L forward, recover weight on R  
7&8            ½ turn over the left shoulder stepping L,R,L

### [25-32] Stamp Right, Behind Side ¼ Stamp Left, Behind Side Rock Forward R, Recover L, ¼ Side Right, Cross Left Over Right

1              Stamp R to right side  
2&3           Cross L behind R, step R to right side, ¼ turn over right shoulder and Stamp L  
4&5           Cross R behind L, step L to left side, rock R forward (3 o'clock)  
6-7            Recover weight on L, ¼ as you step R to right side (6 o'clock)  
8              Cross L over right as you dip down slightly (get ready to start back wall with stamp)

Contact Rick : [rickdominguez@gmail.com](mailto:rickdominguez@gmail.com) for questions or comments

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