

# I Had Some Help!

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Ally Miller (USA) - May 2024  
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



**Intro: 32 Counts – Weight starts on left foot**

**[1-8] Grapevine R with heel switch, Grapevine L with heel switch**

1-2            Step RF to R side, Step LF behind RF  
&3&4&        RF next to LF (home), L heel forward, LF next to RF (home), R heel forward, RF next to LF (home)  
5-6            LF step to L side, Step RF behind LF  
&7&8&        LF next to RF (home), R heel forward, RF next to LF (home), L heel forward, LF next to RF (home)

**[9-16] Shuffle, Rock, Side Shuffle ½ turn, Sweep RF ½ turn**

1&2            Step RF forward, Step LF together with RF, Step RF forward  
3-4            Step LF forward, Rock back onto RF  
5&6            Step LF to L side making ¼ turn L, Step RF together with LF, Step LF forward making ¼ turn L (6:00)  
7-8            Weight on LF, Sweep RF around to make a ½ circle (12:00)

**\*Restart Note: Restart happens here 16 counts into wall 4 (happens one time throughout the whole song)\***

**[17-24] R Kick, R Kick, Coaster Step, L Kick, L Side Kick, Coaster Step**

1-2            Kick RF out forward twice  
3&4            Step RF backward, Step LF next to RF, Step RF forward  
5-6            Kick LF out forward, Kick LF out to L side  
7&8            Step LF backward, Step RF next to LF, Step LF forward

**[25-32] Jazz Box, R Step, LF ¼ Kick, Coaster Step**

1-2            Cross RF over LF, Step LF back  
3-4            Step RF to R side, Step LF forward  
5-6            Step RF to R side, Kick LF out forward while making ¼ turn to the L (9:00)  
7&8            Step LF backward, Step RF next to LF, Step LF forward

**Last Update: 17 June 2024 - R2**