

I Had Some Help

拍數: 32 牆數: 4 級數: Beginner
編舞者: Connor Graves (USA) - May 2024
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



#32 count intro weight starts on left

S1. kick, ¼ kick, coaster step, rock, recover, half turn shuffle.

1-2 kick right foot out front, kick right foot to right side turning ¼ turn right.
3&4 step right foot behind, left comes in together, step right forward.
5-6 rock forward left, recover weight back to right,
7&8 ½ turn over left side shuffle step LRL (left right left)

S2. Rock, recover, shuffle x 3

1-2 rock forward on right , recover weight back to left,
3&4 Shuffle backwards (right left right)
5&6 shuffle backwards (left right left)
7&8 shuffle backwards (right left right)

(On wall 4 only for restart

7-8 step right back, step left back)

RESTART HERE WALL 4 16 COUNTS IN

S3. Step back, sway, cross point x2

1-4 step left foot back and hip sway in place.
5-6 Step left foot forward point right out to side,
7-8 cross right in front of left and step left out to side

S4. Backwards cross point x2, hook unwind pause.

1-2 step left foot behind right point right out to side
3-4 step right behind left and point left out to side
5-6 step left behind right and unwind over your left shoulder. (Full 360 in place)
7-8 hold in place, recover your weight back to left if needed

Last Update - 20 May 2024 - R3