

# 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



Dance starts 32 counts after intro. Restart on wall 4 after 16 count

**[1-8]: Cross Step Point (x2), Jazz Box 1/4 Turn Cross -**

1-2            Cross Step R over L point L to the side,  
3-4            Cross step L over R point R to side,  
5-6            Step R over L step L back  
7-8            Step R 1/4 turn right step L over R (weight is on your left and you're right foot is light)

**[9-16]: Lindy to the right, 3/4 Turn, Shuffle -**

1&2            Step R to right side step L next to R step R to right side  
3-4            Rock L behind right and recover on R, (as you rock L recover on your R use that as a wind up to enter the 3/4 turn),  
5-6            1/4 turn over your right shoulder by stepping back with L and continuing turn stepping R,  
7&8            Shuffle L, R, L (now facing 12 o'clock)

Restart here on 4th wall. (Facing 3:00 wall)

**[17-24]: Heel Grind 1/4, Coaster, Half Turns -**

1-2            R Heel Grind 1/4 right,  
3&4            Step R back step L back next to R step R forward,  
5-6            Step L forward and pivot 1/2 turn over right shoulder  
7-8            step L forward and pivot 1/2 turn right over right shoulder.

**[25-32]: Kick, Kick, Sailor, Sailor, Toe Back Half-Turn -**

1-2            Kick L straight kick L to left side,  
3&4            Swing L behind R step down on L behind right, lift R up and put R down step L next to R,  
5&6            Step R behind L lift L up and put L down step R next to L,  
7-8            Touch L toe back and half turn over left shoulder keeping weight on left.

Have fun and dance on.

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