

Teamwork Makes The Dream Work

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Improver
編舞者: Colleen Grant (USA) - June 2024
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



32 Count Intro (dance starts when lyrics start)
One TAG/RESTART one the 4th Wall

[1-8] RF Kick, Step, LF Point; LF Kick, Step, RF Point; RF Rock Forward-Recover; Shuffle Back (End on 12:00)

- 1 & 2 (Start 12:00) RF kick forward, step ball of RF beside LF, point LF to left side.
- 3 & 4 LF Kick forward, step ball of LF beside RF, point RF to right side.
- 5, 6 RF rock forward, recover weight on LF.
- 7 & 8 RF step back, LF step beside RF, RF step back again (End 12:00)

[9-16] LF Rock Back-Recover with ¼ Turn (CCW); Side Shuffle (LF Crossing Over RF); Right Side Rock-Recover; Weave to the Left (End on 9:00)

- 1, 2 (Start at 12:00) LF rock back, recover weight on RF.
- 3 & 4 LF cross over RF with a ¼ pivot left (ccw), step RF to right, cross LF over RF (9:00)
- 5, 6 RF rock to right side, recover weight on LF
- 7 & 8 RF step behind LF, LF step beside RF, RF step across front of LF (End on 9:00).

[17-24] Left Side Rock-Recover; Weave to the Right; Rock Forward-Recover; Coaster Step (End on 9:00)

- 1, 2 (Start at 9:00) LF rock to left side, recover weight on RF.
- 3 & 4 LF step behind RF, RF step beside LF, LF step across front of RF.
- 5, 6 RF rock forward, recover weight on LF.
- 7 & 8 RF step back, LF step beside RF, RF step forward (End on 9:00).

[25 – 32] Left Heel Grind with ¼ Pivot Left (CCW); Coaster Step; Right Diagonal Step-Touch/Clap; Left Diagonal StepTouch/Clap (End on 6:00)

- 1, 2 (Start at 9:00) Left Heel forward with a ¼ turn to left (ccw) (6:00).
- 3 & 4 LF step back, RF step beside LF, LF step forward.
- 5, 6 RF step forward-diagonal, LF step beside RF.
- 7, 8 LF step forward-diagonal, RF step beside LF (End on 6:00).

Start again.

8-Count Tag/Restart on 4th Wall after first 8 Counts.

[1-8] RF Kick, Step, LF Point; LF Kick, Step, RF Point; RF Rock Forward-Recover; Shuffle Back (End on 12:00)

TAG LF Rock Back-Recover; Shuffle forward; Stomp Right; Stomp Left; Hip Right; Hip Left

- 1, 2 Rock back on LF, Recover weight on RF.
- 3 & 4 LF step forward, RF beside LF, LF step forward.
- 5, 6 RF stomp to right; LF stomp to left.
- 7, 8 Bump hip to the right; Bump hip to the left.

Start again