

# I Had Some Help

拍數: 32                      牆數: 4                      級數: Absolute Beginner  
編舞者: Stephen & Lesley McKenna (SCO) - September 2024  
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro: 32 counts

**Sec 1 R heel, together, L heel, together, R toe, touch, R toe, together.**

1-2                      Touch R heel forward, step R next to L  
3-4                      Touch L heel forward, step L next to R  
5-6                      Touch R toe to R side, touch R next to L  
7-8                      Touch R toe to R side, step R next to L

**Sec 2 L heel, together, R heel, together, L toe, touch, L toe, touch.**

1-2                      Touch L heel forward, step L next to R  
3-4                      Touch R heel forward, step R next to L  
5-6                      Touch L toe to L side, touch L next to R  
7-8                      Touch L toe to L side, touch L next to R

**Restart here during wall 4. Step change- Step L next to R**

**Sec 3 L grapevine, R grapevine.**

1-2-3-4                      Step L to L side, step R behind L, step L to L side, touch R next to L  
5-6-7-8                      Step R to R side, step L behind R, step R to R side, touch L next to R

**Sec 4 Step ¼ L, R hitch, step back R, L hitch, walk L-R-L, touch**

1-2                      Make ¼ L stepping slightly forward L, hitch R knee  
3-4                      Step slightly back R, hitch L knee  
5-8                      Walk forward L, R, L, touch R next to L

**RESTART-** Restart the dance during wall 4 after 16 counts. Step change – count 16 replace touch L next to R with STEP L NEXT TO R.

Hope you enjoy! ☐

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