

# I Had Some Help

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Heather-Zara Shepherd (AUS) - January 2025  
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro: 32 Counts  
One Restart

## Heel Step R,L,R,L

1-2-3-4      Diagonal R Heel Fwd, Step L Heel Fwd, Step L together R  
5-6-7-8      Diagonal R Heel Fwd, Step L Heel Fwd, Step L Together R

## Weave R ( or Step Together Step)

1-2-3-4      Step R to R side, Step L behind R, Step R to side, Step L in front R  
5-6-7-8      Step R to R side, Step L Behind R, Step R to side Touch L together R

## Weave L, Shuffle 1/2 Turn

1-2-3-4      Step L to L side, Step R behind L, Step L to side, Step R in front L  
5-6-7&8      Step L to L side, Step R behind L, Shuffle 1/2 Turn L, LRL

# Restart after first 8 Counts facing 6.00

## Rocking Chair X2

1-2-3-4      Rock Fwd R, Recover L, Rock Back R, Recover L  
5-6-7-8      Rock Fwd R, Recover L, Rock Back R, Recover L

Repeat

Contact: [cosmiccountry@gmail.com](mailto:cosmiccountry@gmail.com)

Facebook: Cosmic Country Line Dancing

YouTube: Cosmic Country Line Dancing by Zara

Phone: 0410614445

I hope you enjoy the dance. The music will take you there!

I choreographed this dance for a split floor with my dance: Hell I Had Some Help - Upper Beginner