

Let Me Help

拍數: 32 牆數: 2 級數: Improver
編舞者: Linda Yanders (USA)
音樂: I Can Help - Jo-EI Sonnier



WALK, WALK, CROSS OVER AND STEP FORWARD ON THE RIGHT

1-2 Walk forward with the right foot, walk forward with the left foot
&3-4 Step (hop) right foot slightly forward, cross left over right diagonally forward, step right foot forward

WALK, WALK, CROSS OVER AND STEP FORWARD ON THE LEFT

1-2 Walk forward with the left foot, walk forward with the right foot
&3-4 Step (hop) left foot slightly forward, cross right over left diagonally forward, step left foot forward

PADDLE TURN TO THE LEFT, STEP RIGHT, STEP LEFT

1-2 Pivot turn 1/3 to the left (with the left foot in place and pushing around with the right foot)
3-4 Continue around another 1/3 turn repeating same pivoting motion
5-6 Continue around another 1/3 turn repeating same pivoting motion
7-8 Step right foot 12:00, step left next to right

STEP, SLIDE BACK DIAGONALLY, CROSS, ROCK, CROSS ROCK

1-2 Step right foot diagonally back to the right, slide the left foot back to meet the right and tap the left toe next to the right instep
&3-4 Hop step the left foot slightly behind the right, cross the right foot over the left, step to the left with the left foot
5-6 Rock to the right with the right foot, cross the left foot over the right foot
7-8 Rock to the right with the right foot, recover weight to left foot

ROCK FORWARD AND BACK, SHUFFLE BACK TURNING RIGHT, ROCK FORWARD AND BACK, CHASSE LEFT

1-2 Rock forward with the right foot, rock back with the left foot
3&4 Shuffle back turning to the right (right, left, right)
5-6 Rock forward on the left foot, rock back on the right foot
7&8 Chasse to the left (left together, left)

REPEAT
