

# 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**

---