

I Need Help

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK)
音樂: Crazy Chick - Charlotte Church



FORWARD MAMBO, BACK MAMBO, KICK BALL CROSS TWICE

1&2 Rock forward on right, recover on left, step right next to left
3&4 Rock back on left, recover on right, step left next to right
5&6 Kick right diagonally forward over left, step onto ball of right, cross step left over right
7&8 Kick right diagonally forward over left, step onto ball of right, cross step left over right

When doing two kick ball crosses, travel slightly sideways

SIDE ROCK, RECOVER, BEHIND ¼ LEFT STEP, STEP ½ RIGHT, SHUFFLE FORWARD

1-2 Rock right to right side, recover weight onto left
3&4 Step right behind left, step left ¼ left, step right forward
5-6 Step left forward, pivot ½ right
7&8 Step left forward, close right next to left, step left forward

SIDE SWITCH RIGHT & LEFT & STEP ½ LEFT, SIDE SWITCH RIGHT & LEFT & STEP ¼ LEFT

1&2 Touch right to right side, step right next to left, touch left to left side
&3-4 Step left next to right, step right forward, pivot ½ left
5&6 Touch right to right side, step right next to left, touch left to left side
&7-8 Step left next to right, step right forward, pivot ¼ left

SIDE STEPS RIGHT WITH SHOULDER SHIMMIES, & SIDE STEP, SIDE STEPS RIGHT WITH SHOULDER SHIMMIES & SIDE TOUCH (OR BODY ROLLS)

1-2 Right steps to right side - shimmying shoulders at the same time
&3-4 Step left next to right, step right to right side, step left next to right
5-6 Right side steps to right - shimmying shoulders at the same time
&7-8 Step left next to right, step right to right side, touch left next to right

¼ LEFT SHUFFLE, ¼ LEFT SHUFFLE, COASTER STEP, KICK BALL STEP

1&2 Step left ¼ left, close right next to left, step left forward
3&4 Make ¼ turn left stepping right to side, close left next to right, step right to right side
5&6 Step left back, step right next to left, step left forward
7&8 Kick right forward, step onto ball of right, step left forward

WALK RIGHT LEFT, COASTER STEP, ¼ RIGHT SHUFFLE, ROCK BACK, RECOVER

1-2 Walk forward on right, walk forward onto left
3&4 Step right back, close left to right, step right forward
5&6 Make ¼ turn right stepping left to left side, close right to left, step left to left side
7-8 Rock back onto right, recover weight forward onto left

Restart here during wall 2

TRIPLE ½ LEFT, ROCK BACK, RECOVER, TRIPLE ½ RIGHT, ROCK BACK, RECOVER

1&2 Make ½ turn left stepping right left right
3-4 Rock back onto left, recover weight forward onto right
5&6 Make ½ turn right stepping left right left
7-8 Rock back onto right, recover onto left

RIGHT SIDE & RIGHT SIDE & RIGHT SIDE, TOUCH, ROLL FULL TURN LEFT, TOUCH

1&2 Step right to right side, close left next to right, step right to right side

&3-4 Close left next to right, step right to right side, touch left next to right
5-6 Step left $\frac{1}{4}$ left, make $\frac{1}{2}$ turn left stepping right back
7-8 Step left $\frac{1}{4}$ left, touch right next to left
Counts 5-8 can be left vine, touch

REPEAT

RESTART

During wall 2, restart the dance after count 8 in section 6 (rock back, recover)

OPTIONAL ENDING

You will be facing the back wall at the end of the dance. Cross right over left, unwind half turn (over 4 counts) to face the front and pose
