

I Can Help

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nancy Morgan (USA)
音樂: I Can Help - Aaron Tippin



VINE RIGHT WITH SIDE SHUFFLE, LEFT HEEL FORWARD, TOGETHER, RIGHT TOE BACK, TOGETHER

1-2 Step right foot forward, step left foot behind right
3&4 Shuffle to right side (step right to right side, put left next to right, step right to right side)
5-6 Put left heel forward, put left foot next to right
7-8 Put right toe back, stomp right foot next to left

VINE LEFT WITH SIDE SHUFFLE, RIGHT HEEL FORWARD, TOGETHER, LEFT TOE BACK, TOGETHER

1-2 Step left foot forward, step right foot behind left
3&4 Shuffle to left side (step left to left side, put right next to left, step left to left side)
5-6 Put right heel forward, put right foot next to left
7-8 Put left toe back, stomp left foot next to right

HEEL FORWARD, TOE BACK, ¼ TURN RIGHT, SHUFFLING RIGHT, FULL TURN TO LEFT, SHUFFLING LEFT

1-2 Put right heel forward, put right toe back
3&4 ¼ turn to right and shuffle right (right, left, right)
5-6 Step forward on left, turn a ½ turn to left as you step back on right, swing left foot ½ turn to left (pivoting on right)
7&8 As you set left foot down shuffle left (left, right, left)

LEFT JAZZ BOX WITH BRUSH INTO A RIGHT JAZZ BOX WITH STOMP, CLAP

1-2 Cross right over left, step back on your left
3-4 Step right to right side and brush your left foot
5-6 Cross left over right, step back your right
7-8 Stomp left next to right and clap

REPEAT
