

# Help

拍數: 96      牆數: 2      級數: Intermediate  
編舞者: Carl Sullivan (AUS)  
音樂: I Can Help - Steve Kolander



- &1-2      Step right slightly forward on right diagonal, low kick left across right twice  
&3-4      Step left slightly forward on left diagonal, low kick right across left twice  
&5-6      Step right slightly forward on right diagonal, rock-step left across right, rock back on right  
7&8      Side shuffle left-right-left to left side turning  $\frac{1}{4}$  turn left on count 8
- 1-2      Step right forward, pivot turn  $\frac{1}{2}$  turn left onto left  
3&4      Side shuffle right-left-right to right side  
5-6      Step left across behind right, unwind  $\frac{1}{2}$  turn left onto left  
7&8      Kick right forward, step right slightly back, step left across over right (kick, ball-cross)
- 1-2      Step right to right side, step left behind right  
&3      Step right to right & slightly back, touch left heel forward at 45 degrees left  
&4      Step left slightly back, step right across over left  
5&6      Step left to left side, turn  $\frac{1}{2}$  turn right on left foot, step right forward  
7&8      Shuffle forward left-right-left
- 1-2      Rock-step right to right side, replace weight on left in place  
3&4      Step right across behind left, step left to left side, touch right heel forward at 45 degrees right  
&5      Step right slightly back, step left across over right  
6&      Step right to right side, turn  $\frac{1}{2}$  turn left on right foot  
7&8      Shuffle forward left-right-left
- 1-2      Rock-step forward on right, rock back on left  
3&4      Shuffle back right-left-right  
5&6      Step left back, step right beside left, step left forward (coaster step)  
7-8      Step right forward, pivot turn  $\frac{1}{4}$  turn left onto left
- 1&2      Touch right heel forward, step right back slightly past left, touch left heel forward  
&3-4      Step left beside right, touch right toe to right side, touch right toe beside left  
&5      Step right slightly back, touch left heel forward  
&6      Step left back slightly past right, touch right heel forward  
&7-8      Step right beside left, touch left toe to left side, touch left toe beside right
- 1-48      Do the whole dance on the other foot as in mirror reflection starting with step left slightly forward on left diagonal

**REPEAT**

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