

# Help Me

拍數: 32      牆數: 1      級數: Intermediate  
編舞者: Brett Johnston (UK)  
音樂: All for You - Janet Jackson



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- 1&2      Kick right & step forward onto left  
3-4      Turn ¼ turn over the right shoulder  
5-8      Moon walks back or walk back right, left, right, left
- 9      Change weight  
10      Turn ¼ turn over the left shoulder changing the weight at the same time  
11-12      Step on the ball of the left foot turn ¼ turn over the left shoulder  
13      Change the weight  
14      Kick left on a diagonal to the left  
15      Cross the left foot over the right  
16      Touch right toe behind
- 17      Put weight on ball of right foot  
18&      Turn over the left shoulder step on left foot  
19      Step forward on the right foot  
20&21      Step forward left, bring right to left step left forward  
22      Step right out to right side  
23      Step out on the left foot  
24      Hold
- 25-27      Touch right hand on the left shoulder, touch right hand on right shoulder, bring hand down by your side  
28-30      Repeat steps 25-27 using other hand  
31      Cross arms above head  
32      Bring arms down (at the same time change weight to left so you ready to kick on the right)

**REPEAT**

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