

Help Me

拍數: 32 牆數: 4 級數: Intermediate two step
編舞者: Sharlene Sipple (USA)
音樂: Let You Go - Lane Turner



Many thanks to Ginnyboots and her dancers for the dance and the alternate music, Thank You

HEEL TOE SWITCHES, 2 STEPS, ½ PIVOT LEFT, SHUFFLE FORWARD. RIGHT

1&2& Touch right heel forward, step right to left, touch left toe back, step left to right
3-4 Step right, step left forward
5-6 Step forward. Right, pivot ½ left stepping to left (6:00)
7&8 Step forward. Right, left, right

HEEL TOE SWITCHES, 2 STEPS, ¼ PIVOT RIGHT, SHUFFLE FORWARD. LEFT

1&2& Touch left heel forward., step left to right, touch right toe back, step right to left
3-4 Step left, step right forward
5-6 Step forward left, pivot ¼ right stepping to right. (9:00)
7&8 Step forward. Left, right, left

SCUFF HITCH STEP, HEEL TWISTS ¼ TURN, BEHIND, SIDE, CROSS, SIDE ROCK RECOVER

1&2 Scuff right, hitch right, step right slightly forward of left
3&4 Twist heels right, left, right with ¼ turn left with the right taking weight (6:00)
5&6 Step left behind right, step right to side, step left across right
7-8 Rock right to side, recover back to left

Second tag done here and you will be facing the 12:00 wall, then restart the dance

RIGHT TOE TOUCHES FORWARD AND SIDE, RIGHT SAILOR ¼ TURN RIGHT, LEFT TOE TOUCHES FORWARD AND SIDE, LEFT SAILOR ½ TURN LEFT

1-2 Touch right toe forward, touch right toe to side
3&4 Right sailor with ¼ turn right (9:00)
5-6 Touch left toe forward, touch left toe to side
7&8 Left sailor with a ½ turn left (3:00)

First tag done here at the end of wall 3, you will be facing 9:00 wall

REPEAT

TAG

At the end of wall 3, do the following 12 counts

DIAGONAL STEP TOUCHES COUNTS 1-8, STEP HOLD RIGHT, STEP HOLD LEFT

1-4 Step diagonally forward right, touch left to right, step diagonally back left, touch right to left
5-8 Step diagonally back right, touch left to right, step diagonally, forward left, touch right to left
9-12 Stomp right forward, hold, stomp left forward, hold

TAG

At the end of 24 counts on wall 6, in place of the last 8, add two more rock recover steps (facing 12:00). You will then restart the dance from the beginning

RIGHT BACK ROCK, RECOVER, RIGHT SIDE ROCK, RECOVER

1-4 Rock back right, recover to left, rock side right, recover to left

ENDING

Dance through to the end of count 32 and the dance will have you facing the front wall as the music ends