

# 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