

# Help Us Get This Started

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Linda Brannon (USA)  
音樂: Friday Night - S Club 7



---

## SYNCOPATED VINE RIGHT, ROCK RECOVER, SYNCOPATED CROSSOVER LEFT

1&2      Cross left over right, step right to right side, cross left behind right  
&3&4      Step right to right side, cross left over right, step right to right side, cross left behind right  
5-6      Rock onto right, recover onto left  
7&8      Cross right behind left, step left to left side, cross right over left (weight on right)

## TURNING SHUFFLE RIGHT (½ TURN), STEPS, SYNCOPATED TOE POINTS, MONTEREY RIGHT

1&2      Shuffle left-right-left while turning ½ turn to right  
3-4      Step right beside left, step left beside right  
5&6      Touch right toe to right side, step right beside left, touch left toe to left side  
&7-8      Step left beside right, touch right to right side, Monterey ½ turn right, end with weight on right

## LEFT SHUFFLE FORWARD, 3 PIVOT TURNS LEFT

1&2      Shuffle forward left-right-left  
3-4      Step forward on right, pivot ¼ turn to left (change weight to left)  
5-6      Repeat steps 3 & 4  
7-8      Repeat steps 3 & 4

## SAILOR SHUFFLES, ROCK RECOVER, COASTER STEP

1&2      Step right behind left, step left to left side, step right to right side  
3&4      Step left behind right, step right to right side, step left to left side  
5-6      Rock forward onto right, recover weight onto left  
7&8      Step back on right, step left beside right, step right forward

**REPEAT**

---