

# Helping Hand

拍數: 48                      牆數: 4                      級數: Intermediate  
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音樂: Goin' Down Geneva - Van Morrison



## **KICK & POINT, KICK & POINT, KICK & POINT, LICK & POINT**

1&2                      Kick right foot forward, step right foot in place, point left foot to left side  
3&4                      Kick left foot forward, step left foot in place, point right foot to right side  
5&6                      Kick right foot forward, step right foot in place, point left foot to left side  
7&8                      Kick left foot forward, step left foot in place, point right foot to right side

## **STEP TURN, STEP TURN, SHUFFLE ½ TURN**

1-2                      Small step forward right foot, pivot turn 1/8 left  
3-4                      Small step forward right foot, pivot turn 1/8 left  
5-6                      Rock forward right foot, rock back left foot  
7&8                      Turn right ½ right foot, left foot, right foot

## **UP UP CLAP, UP UP CLAP, BACK & BACK & BACK & BACK**

&1-2                      Small step together forward and clap (left foot, right foot)  
&3-4                      Small step together forward and clap (left foot, right foot)  
&5                      Step right toe/ball back, step left foot next to right foot  
&6                      Step right toe/ball back, step left foot next to right foot  
&7                      Step right toe/ball back, step left foot next to right foot  
&8                      Step right toe/ball back, step left foot next to right foot

## **SLIDE BEHIND, HEEL & CROSS & HEEL & CROSS, HEEL & CROSS, UNWIND & HOLD**

1                      Step right foot to right side  
2                      Step left foot behind of right foot  
3                      Touch right heel right diagonal  
&4                      Step back on ball of right foot, cross left foot in front of right foot  
&5                      Step right foot to right, touch left heel left diagonal  
&6                      Step left foot back and cross right foot in front of left foot  
7-8                      Unwind ½ turn left on balls of both feet, hold

## **STEP RIGHT, HIP, HIP, HIP, HIP**

1                      Step right foot wide to the right  
2-4                      Drag left toe to right, next to right foot  
5-8                      Drop heel, swing hips left, right, left, right

## **STEP LEFT, HIP, HIP, HIP, HIP**

1                      Step left foot wide to the left  
2-4                      Drag right toe to left next to left foot  
5-8                      Drop heel, swing hips right, left, right, left

## **REPEAT**

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