

# Helping Hand

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Stephen Sunter (UK)  
音樂: Come On Out Of The Rain - Susan Ashton



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## WALK FORWARD, TOUCH, WALK BACK TOUCH

1-4      Walk forward right, left, right, touch left next to right  
5-8      Walk back left, right, left, touch right next to left

## SIDE SHUFFLE, ROCK, SIDE SHUFFLE, ROCK

1&2      Step right to side, left next to right, right to side  
3-4      Rock left behind right, replace weight to right  
5&6      Step left to side, right next to left, left to side  
7-8      Rock right behind left, replace weight to left

## MONTEREY TURN TWICE, POINT, STEP BACK ¼ TURN, TURN ¼ SIDE ROCK

1-2      Point right to side, turn ½ back over right shoulder and step right next to left  
3-4      Point left to side, turn ½ back over left shoulder and step left next to right  
5-6      Touch right to right side, turn a ¼ left and step down on right foot  
7-8      Turn a ¼ left and rock out to left, replace weight to right

## CROSS, ¼ TURN, SHUFFLE BACK, ROCK, FULL TURN

1-2      Cross step left over right, make ¼ turn left and step back on right  
3&4      Shuffle back left on - left, right, left  
5-6      Rock back right, replace weight left  
7-8      Turn ½ left stepping back on right, turn ½ left stepping forward left

## REPEAT

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