

# Helping Hands

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 0                      牆數: 1                      級數:  
編舞者: Peter Metelnick (UK)  
音樂: I Can Help - Aaron Tippin



Sequence: For the Aaron Tippin Version, the sequence is AB AB C, A B A C, A BB A to end. For the Steve Kolander version, the sequence is AB AB C, A B A C, AB C.

## PART A

### ROCK FORWARD, RECOVER, CHA-CHA, ROCK BACK, RECOVER, CHA-CHA

- 1-2                      Step left foot forward and rock forward, rock back on right foot & recover  
3&4                     Step left foot together, step right foot together, step left foot together  
5-6                     Step right foot back and rock back, rock forward on left foot & recover  
7&8                     Step right foot together, step left foot together, step right foot together

### VINE LEFT 3, CROSS ROCK, KICK, ½ RIGHT, HITCH

- 1-3                     Step left foot to left side, cross right foot behind right and step, step left foot to left side  
4-5                     Cross right foot over left and rock right foot forward, rock back on left foot and recover  
6-7                     Kick right foot forward, with right foot still in the air pivot ½ right on left foot & step right foot down  
8                        Hitch left knee up (now facing rear of hall)  
  
17-32                  Repeat above 16 counts to face front of hall

## PART B

### FORWARD 3, KICK, BACK HOPS, HOLD

- 1-4                     Step left foot forward, step right foot forward, step left foot forward, kick right foot forward  
5-8                     Hop back on both feet 3x, hold (weight ends on right foot)

### SIDE SHUFFLE LEFT, ROCK & RECOVER, SIDE SHUFFLE RIGHT, ROCK & RECOVER

- 1&2                     Step left foot to left side, step right foot together, step left foot to left side  
3-4                     Step right foot back and rock back, step left foot forward & recover  
5&6                     Step right foot to right side, step left foot together, step right foot to right side  
7-8                     Step left foot back and rock back, step right foot forward & recover

## PART C

### SHUFFLE BOX

- 1&2&                    Step left foot to left side, step right foot together, step left foot to left side, turn ¼ right on left foot  
3&4&                    Step right foot to right side, step left foot together, step right foot to right side, turn ¼ right on right foot  
5&6&                    Step left foot to left side, step right foot together, step left foot to left side, turn ¼ right on left foot  
7&8                     Step right foot to right side, step left foot together, step right foot to right side

### ¼ RIGHT, RIGHT KICK BALL CHANGE, SCUFF, JAZZ BOX WITH A TOUCH

- 1                        Turn ¼ right on left foot to face front of hall  
2&3                     Kick right foot forward, step on ball of right foot, step left foot together  
4                        Scuff right foot forward  
5-8                     Cross right foot over left and step, step left foot back, step right foot to right side, touch left foot together

