

Helping Hands

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

