

Help Me, Hank!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Bracken Heidenreich (USA) - November 2005
音樂: Hank Don't Fail Me Now (feat. Keith Urban) - The Ranch : (CD: The Ranch, 1997)



- (1-8) STOMP FAN, STOMP FAN**
1-2-3-4 Stomp R forward; Fan R toe out; Fan R toe in; Fan R toe out
5-6-7-8 Stomp L forward; Fan L toe out; Fan L toe in; Fan L toe out
- (9-16) FORWARD, TOUCH, TURN, TOUCH, FORWARD, TOUCH, TURN, TOUCH**
1-2-3-4 Step R forward; Make 1/4 turn L and touch L next to R; Make 1/4 turn L and step L forward; Touch R next to L
5-6-7-8 Step R forward; Make 1/4 turn L and touch L next to R; Make 1/4 turn L and step L forward; Touch R next to L
- (17-24) SHUFFLE RIGHT, ROCK RECOVER, TOE, HEEL, TOE, HEEL**
1&2 3-4 Step R to R side; & Step L next to R; Step R to R side; Rock L behind R; Recover weight to R
5 Swivel R heel to L and tap L toe next to R heel with both legs bent and knees facing R diagonal
6 Swivel R toe to L and tap L heel next to R toe with both legs bent and knees facing L diagonal
7-8 Repeat 5-6 of this set
- (25-32) SWIVEL HEELS, TOES, HEELS, CLAP, HEELS, TOES, HEELS, CLAP**
1 Swivel R heel to L and step L foot next to R with both knees bent and facing R diagonal
2-3-4 Swivel both toes to L; Swivel both heels to L; Clap hands once
5-6-7-8 Swivel both heels to R; Swivel both toes to R; Swivel both heels to R; Clap hands once
- (33-40) SHUFFLE FORWARD, HALF TURN, SHUFFLE FORWARD, QUARTER TURN**
1&2 3-4 Step L forward; & Step R next to L; Step L forward; Step R forward; Pivot 1/2 turn L putting weight on L foot
5&6 7-8 Step R forward; & Step L next to R; Step R forward; Step L forward; Pivot 1/4 turn R putting weight on R foot
- (41-48) CROSS, TOE, HEEL, CROSS, TOE, HEEL, CROSS, BACK**
1-2-3-4 Step L across (in front of) R; Tap R toe to R side with R knee bent and turned toward L diagonal; Tap R heel to R diagonal; Step R across (in front of) L
5-6-7-8 Tap L toe to L side with L knee bent and turned toward R diagonal; Tap L heel to L diagonal; Step L across (in front of) R; Step R back
- (49-56) ROCK, RECOVER, FULL TURN, OUT-OUT, CLAP, IN-IN, OUT-OUT**
1-2-3-4 Rock L back; Recover weight to R; Make 1/2 turn R and step L back; Make 1/2 turn R and step R forward
&5 & step L out to L side; Step R out to R side
6 Clap hands once (and put weight on L)
&7 & step R in; Step L in
&8 & step R out to R side; Step L out to L side
- (57-64) ROCK, RECOVER, SHUFFLE HALF, STEP PIVOT, SHUFFLE FORWARD**
1-2 Rock R forward; Recover weight to L
3&4 Make 1/4 turn R and step R to R side; & Step L next to R; Make 1/4 turn R and step R forward
5-6 Step L forward; Pivot 1/2 turn R putting weight on R foot

7&8

Step L forward; & Step R next to L; Step L forward

TAG ? Danced after the end of the second wall (facing the back wall)

JAZZ BOX, TWIST HEELS RIGHT-LEFT-RIGHT-CENTER

1-2-3-4 Step R across (in front of) L; Step L back; Step R to R side; Step L next to R

5-6-7-8 Twist both heels to R; Twist both heels to L; Twist both heels to R;

Bring heels to center and put weight on L foot
