

# Help Me Remember

拍數: 48                      牆數: 2                      級數: Intermediate  
編舞者: Noel Bradey (AUS) - November 2007  
音樂: Help Me Remember - Rascal Flatts : (CD: Still Feels Good)



## **RHUMBA BOX, TOGETHER, BACK, REPLACE, TOGETHER, FORWARD, REPLACE**

- 1&2                      Step left to left side, step right beside left, step left forward dragging right slightly towards left  
3&4                      Step right to right side, step left beside right, step right back dragging left slightly towards right  
&5-6                      Step on ball of left beside right, rock right back, recover forward onto left  
&7-8                      Step on ball of right beside left, rock forward on left, recover right back

## **TOGETHER, ½, ½, BACK, COASTER CROSS, SIDE, REPLACE, CROSS SIDE, REPLACE, ½ PIVOT, CROSS, SIDE**

- &1&2                      Step on ball of left beside right, turn ½ turn right to step right forward, turn ½ turn right to step left back, step right back (12:00)  
3&4                      Step left back, step right beside left, cross left over right  
5&6                      Rock right to right side, recover to left, cross right over left  
&7&8&                      Rock left to left side, recover to right, pivot turn ½ turn left stepping left to left side, cross right over left, step left to left side (6:00)

## **DIAGONAL CROSS, REPLACE, ¼ TURN FORWARD, FORWARD, ½, ½, ROCK FORWARD, REPLACE, ½, ½ REVERSE PIVOT**

- 1-2&3                      Cross/rock right over left at 45 degrees left, recover back to left, turn ¼ turn right to step right forward, step left forward (9:00)  
4&5                      Turn ½ turn left stepping right back, turn ½ turn left stepping left forward, rock forward onto right (9:00)  
6&7                      Recover to left, turn ½ turn right stepping right forward, turn ½ turn right stepping left back (9:00)  
&8                      Touch right toe back, reverse pivot turn ½ turn right taking weight onto right (3:00)

## **DIAGONAL CROSS, REPLACE, ¼, CROSS ¾ TURN, SAILOR, CROSS, REPLACE, ¼, FORWARD ½ PIVOT**

- 1-2&                      Cross/rock left over right at 45 degrees right, recover to right, turn ¼ turn left stepping left forward, (12:00)  
3                      Cross right over left as you turn 250 degrees left sweeping left around (weight right) (3:00)  
4&5                      Cross/step left behind right, step on ball of right to right side, recover to left  
6                      Cross/rock right over left at 45 degrees left  
7&8&                      Recover to left, turn ¼ turn right stepping right forward, step left forward, pivot turn ½ turn right (weight right) (12:00)

## **ROCK FORWARD, REPLACE, ½, ROCK SIDE, REPLACE, BESIDE, ¼, ¼, CROSS, ¼, ¼ CROSS**

- 1-2&                      Rock left forward, recover to right, turn ½ turn left stepping left forward (6:00)  
3-4&                      Rock right to right side, recover to left, cross right over left  
5&6                      Turn ¼ turn right stepping left back, turn ¼ turn right stepping right to right side, cross left over right (12:00)  
7&8                      Turn ¼ turn left stepping right back, turn ¼ turn left stepping left to left side, cross right over left (6:00)

## **REPLACE, ¼, SIDE, BEHIND, ¼, BACK, BACK, TOGETHER, COASTER STEP**

- 1&2                      Recover to left, turn ¼ turn right stepping right forward, step left to left dragging right slightly towards left (9:00)

- 3&4 Cross/step right behind left, turn  $\frac{1}{4}$  turn left stepping left forward, step right forward dragging left slightly towards right (6:00)
- 5-6& Step left back dragging right towards left, step right back dragging left towards right, step on left beside right (12:00)
- 7&8 Step right back, step on left beside right, step right forward dragging left towards right (6:00)

**Begin again.**

**TAG: After wall 2**

**FORWARD COASTER, BACK COASTER**

- 1&2-3&4 Step left forward, step right beside left, step left back, step right back, step left beside right, step right forward

**ENDING**

**Dance to count 3& (facing 12:00), then step on left to left side, dragging right to beside left.**

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