

# Help Me Cha Cha

**COPPER** KNOB  
STEPPERS

拍數: 32                      牆數: 4                      級數: Easy Intermediate  
編舞者: Annie Bradbury (AUS) & Jan Wyllie (AUS) - June 2010  
音樂: Please Help Me I'm Falling - Sweethearts of the Rodeo



Start on the word 'falling' RR June 2010

## Fwd Back, Shuffle Back, Back Fwd, Shuffle Fwd

1,2                      Rock fwd on L, Rock back on R  
3&4                      Shuffle back L,R,L  
5,6                      Rock back on R, Rock fwd on L  
7&8                      Shuffle fwd R,L,R

## Step Hold, Side Rock Replace, Step Hold, Side Rock Replace

9,10                      Step L across R, Hold  
11,12                      Rock R to right, Return wt t  
13,14                      Step R across L, Hold  
15,16                      Rock L to left, Return wt to R

## Fwd Back, Shuffle Back, Touch Unwind 1/2, Touch Unwind 1/4

17,18                      Rock fwd on L, Rock back on R  
19&20                      Shuffle back L,R,L  
21,22                      Touch R back, Unwind 1/2 right taking wt on L  
23,24                      Touch R back, Unwind 1/4 right taking wt on L

## Touch & Side Step, Touch & Side Step, Touch & Step Fwd, Step Fwd Scuff

25&26                      Touch R toe beside L foot, Step R down beside L, Step L to left side  
27&28                      Touch R toe beside L foot, Step R down beside L, Step L to left side  
29&30                      Touch R toe beside L foot, Step R down beside L, Step fwd on L  
31,32                      Step fwd on R, Scuff L fwd

Hope you enjoy this dance, the song is beautiful!  
Annie

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