

Help Me

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jon Peppin (AUS) - July 2010
音樂: Help Me Make It Through the Night - Willie Nelson : (CD: The Essential Willie Nelson)



**Start Position: Feet together - with weight on right foot.
Starts on the word 'Hair'.**

- 1-2 1,2 Step R forward, rock/replace weight back on L,
3,4 3&4 R backward coaster step – step R back, step L beside R, step R forward,
5,6 5,6 Step L forward, pivot 180 degrees R – placing weight onto R,
7,8 7&8 L shuffle forward – step L forward, step/slide R beside L, step L forward,
- 9-10 1,2 Step R to R side, step L beside R,
11-12 3&4 R side shuffle – step R to R side, step L beside R, step R to R side,
13-14 5,6 Turning 180 degrees L (hinge turn) – step L to L side, step R beside L,
15-16 7&8 L side shuffle – step L to L side, step R beside L, step L to L side,
- 17-18 1,2 Step/rock R across in front of L, rock/replace weight onto L,
19-20 3&4 Turning 270 degrees R on the spot stepping – R, L, R,
21-22 5,6 Step L forward, pivot 180 degrees R – placing weight onto R,
23-24 7&8 L shuffle forward – step L forward, step/slide R beside L, step L forward,
- 25-26 1,2 Step R to R side, rock/replace weight onto L,
27-28 3&4 Step R behind L, step L to L side, step R across in front of L,
29-30 5,6 Step L to L side, rock/replace weight onto R,
31-32 7&8 L sailor step – step L behind R, step/rock R to R side, rock/replace weight onto L,
- 33-34 1,2 Step/touch R behind L foot, pivot/unwind 270 degrees R – placing weight onto R,
35-36 3&4 L shuffle forward – step L forward, step/slide R beside L, step L forward,
37-38 5,6 Step R forward, pivot 270 degrees L – placing weight onto L,
39-40 7&8 R side shuffle – step R to R side, step L beside R, step R to R side,
- 41-42 1,2 Step/rock L behind R, rock/replace weight forward onto R,
43-44 3&4 Step L to L side, turning 180 degrees R – step R to R side, step L across in front of R,
45-46 5,6 Step R to R side, rock/replace weight onto L,
47-48 7&8 Travelling L – R cross shuffle – step R over L, step L to L side, step R over L,
- 49-50 1,2 Turning 90 degrees L – step L forward, touch R beside L,
51-52 3&4 Travel diagonally – step R back to R45, step L across in front of R, step R back at R45,
53-54 5,6 Step L back, rock/replace weight forward on R,
55-56 7&8 Travel diagonally forward – step L to L45, lock R behind L, step L to L45,
- 57-58 1,2 Step R forward, rock/replace weight back on L,
59-60 3&4 Travelling back – turning 450 degrees (1½ turns) R - step R, L, R,
OR
59-60 3&4 Travelling back - 180 degrees R turning shuffle – stepping R, L, R,
61-62 5,6 Step L forward, rock/replace weight back on R,
63-64 7&8 Travelling back – turning 450 degrees (1½ turns) L – step L, R, L.
OR
63-64 7&8 Travelling back - 180 degrees L turning shuffle – stepping L, R, L.

REPEAT DANCE IN NEW DIRECTION

As taught by the Travelling Cowboy. (Ph.0413.714725). - Email: travellingcowboy@dodo.com.au
