

Help Me Make It (Through The Night)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Ira Weisburd (USA) - May 2011
音樂: Help Me Make it Through the Night - Die Campbells : (Album: Daar's Lets Innie Water 2004; Track 15)



Alt. Music: "Help Me Make It Through The Night by Rian Ungerer. Album: Timeless Hits 2010 by Rian Ungerer

Introduction: 8 counts. Start approximately 8 seconds into the song. Start on the word "Hair"
This #1 Country hit was written by songwriter and actor Kris Kristofferson in 1970.

PART I. SAMBA w/R, SAMBA w/L, CROSS ROCK, RECOVER, ½ TRIPLE TURN R

1&2 Step R across L, Step on ball of L to L, Recover w/ weight on R.
3&4 Step L across R, Step on ball of R to R, Recover w/ weight on L
5-6 Cross and Step with R over L, Recover w/ weight back onto L
7&8 Make ½ turn to R in 3 steps (R,L,R)

PART II. SAMBA w/L, SAMBA w/R, CROSS ROCK, RECOVER, ¼ TRIPLE TURN L

1&2 Step L across R, Step on ball of R to R, Recover w/ weight on L
3&4 Step R across L, Step on ball of L to L, Recover w/ weight on R
5-6 Cross and Step with L over R, Recover w/ weight back onto R
7&8 Make ¼ turn to L in 3 steps (L,R,L)

PART III. SAMBA w/R, SAMBA w/L, ROCK FORWARD, RECOVER, COASTER STEP.

1&2 Step R across L, Step on ball of L to L, Recover w/ weight on R.
3&4 Step L across R, Step on ball of R to R, Recover w/ weight on L
5-6 Step forward on R, Recover back on L
7&8 Step back w/ R, Step-close L to R, Step forward on R

PART IV. DIAMOND SHAPE FALL AWAY (¾ TURN L)

1&2 Step forward on L turning 1/8 L, Step R to R, Step L Behind R
3&4 Step Back Diagonally w/ R to face next wall, Step L to L side, Cross R over L to face next corner
5&6 Step forward on L, Step R to R (making 1/8 turn L), Step back on L (making 1/8 turn L)
7-8 Step R to R, Step L to L (making 1/8 turn L, to face back wall)

BEGIN DANCE.