

Help You Through It

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jon Peppin (AUS) & Pam Cassells (AUS) - October 2011
音樂: I'm Gonna Love You Through It - Martina McBride



Start Position: Feet together - with weight on L foot.

Starts on vocals – 32 counts in

- 1,2 Step/sway R to R side, rock/sway onto L,
3&4 Turning 180 degrees R (hinge turn) - R side shuffle - stepping R, L, R, 6:00 wall
5,6 Step/sway L to L side, rock/sway onto R,
7&8 Turning 180 degrees L (hinge turn) - L side shuffle - stepping L, R, L, 12:00 wall
- 1,2 Step R over L, unwind 180 degrees L - weight on L,
3&4 R shuffle forward - stepping R, L, R, 6:00 wall
5,6& Touch L heel forward, touch L toe back, step L beside R,
7&8 R heel ball step - touch R heel forward, step R beside L, step L forward,
- 1,2 Step/rock R forward, rock/replace weight back on L,
3&4 Travelling back over R shoulder turning 540 degrees (1)½ turns stepping R, L, R, 12:00 wall
5,6 Step/rock L forward, rock/replace weight back on R,
7&8 L backward coaster step - stepping L, R, L,
- 1,2 Paddle turn - step R forward, pivot 90 degrees L - weight on L, 9:00 wall
3&4 Travelling L - R cross shuffle - stepping R, L, R,
5,6 Turning 90 degrees R - step L back, turning 180 degrees R - step R forward, 12:00 wall
7&8 Travelling forward - turning 360 degrees (full turn) R - stepping L, R, L, 6:00 wall
- 1,2 Step/rock R to R side, rock/replace weight onto L,
3&4 R turning sailor step - step R behind L turning 90 degrees R, step L to L side, rock / replace weight onto R, 9:00 wall
5,6 Step L forward, pivot 180 degrees R - weight on R,
7&8 Turning 90 degree R - L side shuffle - stepping L, R, L,** 6:00 wall
- 1,2& Step/rock R to R side, rock/replace weight onto L, step R beside L,
3,4& Step/rock L to L side, rock/replace weight onto R, step L beside R,
5&6 Step/rock R to R side, rock/replace weight onto L, step/cross R over L,
7&8 Step/rock L to L side, rock/replace weight onto R, step/cross L over R.

REPEAT DANCE IN NEW DIRECTION

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

Restarts: During walls 2 & 4 - restart the dance after count 40 - Both restarts will be facing front wall.**

Finish: Step L forward, pivot 180 degrees R - weight on R, step L beside R.

Note: This song brings home the fact that so many of our partners and friends seem lately to be associated with cancer. This is to all those who have, have beaten, or lost out to cancer - we hope that you realize that all your friends are there for you and the line dance fraternity is a shining example of this.