

# I Can Help

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Mathias Pflug (DE) - May 2012  
音樂: I Can Help - DJ Ötzi & The Bellamy Brothers : (amazon)



Intro: On vocals - after 32 counts

## [S1] (Side Rock/Sway, Behind-Side-Cross) R+L

1-2            Step r to r side & sway hips a little bit, recover on l  
3&4            Step r behind l, step l to l side, cross r over l  
5-6            Step l to l side & sway hips a little bit, recover on r  
7&8            Step l behind r, step r to r side, cross l over r

## [S2] Heel, Grind 1/4 R, Sailor Step, Cross, 1/4 Turn L, 1/4 Turn L Chassé

1            Step r heel forward, 1/4 turn r grinding on r heel (3.00)  
2            Step l back  
3&4            Cross r behind l, step l beside r, step r forward  
5-6            Cross l over r, 1/4 turn l stepping r back (12.00)  
7&8            1/4 turn r stepping l forward, step r beside l, step l to l side (9.00)

## [S3] Cross Rock, 1/4 Turn R Chassé, Step, 1/2 Pivot Turn R, Shuffle Forward

1-2            Cross r over l, Recover on l  
3&4            Step r to r side, step l beside r, 1/4 turn r stepping r forward (12.00)  
5-6            Step l forward, 1/2 pivot turn r (6.00)  
7&8            Step l forward, step r beside l, step l forward

## [S4] Cross Rock, & Cross, Side, 1/4 Turn L Sailor Step, Full Turn L

1-2            Cross r over l, recover on l  
&3-4            Step r to r side, cross l over r, step r to r side  
5&6            1/4 turn l stepping l behind r, step r beside l, step l forward (3.00)  
7-8            1/2 turn l stepping r back, 1/2 turn l stepping l forward (3.00)

Restart here during wall 3, facing 9 o'clock!

## [S5] (Rock Forward, 1/2 Turn Shuffle) R+L

1-2            Step r forward, recover on l  
3&4            1/4 turn r stepping r forward, step l beside r, 1/4 turn r stepping r forward (9.00)  
5-6            Step l forward, recover on r  
7&8            1/4 turn l stepping l forward, step r beside l, 1/4 turn l stepping l forward (3.00)

## [S6] Step, Hold, & (Walk) R+L, Jazzbox/Cross

1-2            Step r forward, hold  
&3-4            Step l ball beside r, step r forward, step l forward  
5-6-7-8        Cross r over l, step l back, step r to r side, cross l over r

Repeat & Enjoy!

Tag (After wall 5, facing 3 o'clock)

## [T1] (Chassé, Rock Back, Kick-Ball-Cross, Kick-Ball-Cross) R+L

1&2            Step r to r side, step l beside r, step r to r side  
3-4            Step l back, Recover on r  
5&6            Kick l forward, step l beside r, cross r over l  
7&8            Kick l forward, step l beside r, cross r over l

1&2 Step l to l side, step r beside l, step l to l side  
3-4 Step r back, recover on l  
5&6 Kick r forward, step r beside l, cross l over r  
7&8 Kick r forward, step r beside l, cross l over r

**Note: The music gets slower at the end of the track. Finish the dance here.**

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