

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.

Contacts: Mathias-Pflug@gmx.de - www.mp-linedance.jimdo.com
