

Help Yourself

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
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音樂: Help Yourself - Tom Jones



16 Count Intro (Start Just Before Lyric's) 11 Seconds Approx

SECTION 1: MODIFIED RUMBA BOX FWD,FWD MAMBO STEP,COASTER STEP

1&2 Step R To R, Step L Next To R, Step R Fwd
3&4 Step L To L, Step R Next To L, Step L Fwd
5&6 Step R Fwd, Step L In Place, Step R Next To L
7&8 Step L Back, Step R Next To L, Step L Fwd

Restart Here Wall 5

SECTION 2: R SHUFFLE, L SHUFFLE,JAZZ BOX

1&2 Step R Fwd, Step L Next To R, Step R Fwd
3&4 Step L Fwd, Step R Next To L, Step L Fwd
5,6,7,8 Cross R Over L, Step Back L, Step R To R, Step L Next To R

SECTION 3: 1/4 PIVOT, 1/4 PIVOT,HIP BUMPS,HIP BUMPS

1,2 Step R Fwd, 1/4 Turn L (Weight On L)
3,4 Step Fwd R, 1/4 Turn L (Weight On L)
5&6 Step R Fwd, Bump Hips (R & R)
7&8 Step L Fwd, Bump Hips (L & L)

SECTION 4: CHASSE R,ROCK,CHASSE L ROCK

1&2 Step R To R, Step L Next To R, Step R To R
3,4 Rock Back L, Recover R
5&6 Step L To L, Step R Next To L, Step L To L
7,8 Rock Back R, Recover L

END OF DANCE

1 Restart Wall 5 End Of Section 1

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