

Lord Help Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) - April 2014
音樂: Lord Help Me Be the Kind of Person (My Dog Thinks I Am) - The Bellamy Brothers : (Album: Jesus Is Coming - iTunes)



Intro: 16 Counts - No Tags, No Restart !

RHUMBA, LEFT, RHUMBA RIGHT, WALK, WALK, COASTER CROSS

1&2 Step left to left side, step right next to left, step left fwd.
3&4 Step right to right side, step left next to right, step right back
5-6 Walk back left, right
7&8 Step back on left, step right next to left, cross left over right (12:00)

STOMP, SWIVEL, BEHIND, SIDE, CROSS, POINT, TOUCH, POINT, BEHIND, SIDE, CROSS

1&2 Stomp right fwd. swivel right heel to the right side, swivel right heel to center (Weight on left)
3&4 Cross right behind left, step left to left side, cross right over left
5&6 Point left to left side, touch left beside right, point left to left side
7&8 Cross left behind right, step right to right side, cross left over right (12:00)

SIDE, BEHIND, 1/4 TURN SHUFFLE, STEP 3/4 RIGHT, CHASSE LEFT

1-2 Step right to right side, cross left behind right
3&4 1/4 turn right, step fwd. right, step left next to right, step fwd. right (03:00)
5-6 Step fwd. left, 3/4 turn right (Weight in right)
7&8 Step left to left side, step right next to left, step left to left side (12:00)

BACK ROCK, RECOVER, MONTEREY 1/4 TURN, BACK ROCK, RECOVER, KICK BALL CROSS

1-2 Back rock right, recover
3&4 Point right to right side, 1/4 turn right, step right next to left, point left to left side
5-6 Back rock left, recover
7&8 Kick left fwd. step left in place, cross right over left (03:00)

Have Fun!

Contact: sunshinecowgirl1960@gmail.com