Help! (I Had Some)

Count: 32 **Wall:** 2 **Level:** High Improver
Choreographer: Rick Dominguez (USA) - May 2024
Music: I Had Some Help (feat. Morgan Wallen) - Post Malone
or: Return of the Mack - Mark Morrison

Soul Song Switch: "Return Of the Mack" by Mark Morrison

[1-8] Side Stamp, L ¼ Hitch, Back Rock Recover, Shuffle, Rock Recover

1-2	Stamp R to right side, ¼ hitch L (9 o'clock)
3-4	Rock back on L, recover weight on R
5&6	Step L forward, step R next to L, step L forward
7-8	Rock R forward, recover weight on L

[9-16] ¼ Right, ½ Left Hitch, Side Rock Recover, Weave, Side Rock Recover

1-2	Step R to right side as you turn ¼ (12 o'clock), continue rotating over right shoulder ½ turn facing back wall (6 o'clock) as you hitch L knee up
3-4	Rock L to left side, recover weight on R
5&6	Step L behind R, step R to right side, cross L over right
7-8	Rock R to right side, recover weight on L

[Restart here on 4th wall, facing 12 O'clock]

[17-24] Rock Back Recover, Shuffle Forward, Rock Recover,1/2 Shuffle Turn

1-2	Rock R back (point two fingers up on both hands, L at 10, R at 2 for styling on chorus hitting the lyric top "shelf"), recover weight on L
3&4	Step R forward, step L next to R, step R forward
5-6	Rock L forward, recover weight on R
7&8	½ turn over the left shoulder stepping L,R,L

[25-32] Stamp Right, Behind Side ¼ Stamp Left, Behind Side Rock Forward R, Recover L, ¼ Side Right, Cross Left Over Right

1	Stamp R to right side
2&3	Cross L behind R, step R to right side, ¼ turn over right shoulder and Stamp L
4&5	Cross R behind L, step L to left side, rock R forward (3 o'clock)
6-7	Recover weight on L, ¼ as you step R to right side (6 o'clock)
8	Cross L over right as you dip down slightly (get ready to start back wall with stamp)

Contact Rick : rickdominguez@gmail.com for questions or comments

Last Update: 18 May 2024