

Help

Count: 96

Wall: 2

Level: Intermediate

Choreographer: Carl Sullivan (AUS)

Music: I Can Help - Steve Kolander



- &1-2 Step right slightly forward on right diagonal, low kick left across right twice
&3-4 Step left slightly forward on left diagonal, low kick right across left twice
&5-6 Step right slightly forward on right diagonal, rock-step left across right, rock back on right
7&8 Side shuffle left-right-left to left side turning ¼ turn left on count 8
- 1-2 Step right forward, pivot turn ½ turn left onto left
3&4 Side shuffle right-left-right to right side
5-6 Step left across behind right, unwind ½ turn left onto left
7&8 Kick right forward, step right slightly back, step left across over right (kick, ball-cross)
- 1-2 Step right to right side, step left behind right
&3 Step right to right & slightly back, touch left heel forward at 45 degrees left
&4 Step left slightly back, step right across over left
5&6 Step left to left side, turn ½ turn right on left foot, step right forward
7&8 Shuffle forward left-right-left
- 1-2 Rock-step right to right side, replace weight on left in place
3&4 Step right across behind left, step left to left side, touch right heel forward at 45 degrees right
&5 Step right slightly back, step left across over right
6& Step right to right side, turn ½ turn left on right foot
7&8 Shuffle forward left-right-left
- 1-2 Rock-step forward on right, rock back on left
3&4 Shuffle back right-left-right
5&6 Step left back, step right beside left, step left forward (coaster step)
7-8 Step right forward, pivot turn ¼ turn left onto left
- 1&2 Touch right heel forward, step right back slightly past left, touch left heel forward
&3-4 Step left beside right, touch right toe to right side, touch right toe beside left
&5 Step right slightly back, touch left heel forward
&6 Step left back slightly past right, touch right heel forward
&7-8 Step right beside left, touch left toe to left side, touch left toe beside right
- 1-48 Do the whole dance on the other foot as in mirror reflection starting with step left slightly forward on left diagonal

REPEAT