

Help me

 linedancemag.com/help-me/

Choregraphie par : Hayley Wheatley (UK) Alexis Strong (UK)

Description : 32 temps, 4 murs, Novice, Janvier 2018

Musique : Boa Me by Ed Sheeran Feat Fuse ODG And Mugeez (iTunes)



Start On Vocals

[1-8] RIGHT SIDE ROCK RECOVER, BALL- STEP TOUCH, RIGHT SIDE, BEHIND, 1/4 RIGHT SHUFFLE.

- 1-2 Rock R To R (1) Recover On L (2)
- &3-4 Step R Beside L (&) Step L To L Side (3) Touch R Beside L (4)
- 5-6 Step R To R Side (5) Cross L Behind R (6)
- 7&8 Making 1/4 Turn R, Step On R (7) Step L To R (&) Step R Fwd (8) 3:00

[9-16] LEFT PIVOT 1/2 TURN, LEFT TRIPLE 1/2 TURN, X4 BOOGIE WALKS BACK.

- 1-2 Step L Fwd (1) Pivot 1/2 Turn, Step On R (2) 9.00
- 3&4 Making 1/2 Turn R, Step On L (3) Step R To L (&) Step Back On L (4) 3.00
- 5-6 Step Back On R, Twist L Heel Towards Centre (5) Step Back On L, Twist R Heel Towards Centre (6)
- 7-8 Repeat Counts 5-6 3.00

[17-24] RIGHT COASTER STEP, CROSS, POINT, CROSS SIDE CROSS, LEFT SIDE ROCK, RECOVER.

- 1&2 Step Back On R (1) Step Back On L (&) Step Fwd On R (2)
- 3-4 Cross L Over R (3) Point R To R (4)
- 5&6 Cross R Over L (5) Step L To L (&) Cross R Over L (6)
- 7-8 Rock L To L (7) Recover On R (8)

[25-32] SAILOR 1/4 TURN, x2 1/8 PADDLE POINTS, RIGHT FORWARD MAMBO, TOUCH, KNEE POPS X2.

- 1&2 Cross L Behind R (1) Making 1/4 Turn L, Step On R (&) Step On L (2) 12:00
- 3-4 Making 1/8 Turn L, Point R Toe (weight on L) Making 1/8 Turn L, Point R Toe (Weight On L) 9:00
- 5&6 Mambo R Fwd (5) Recover On L (&) Touch R To L (6)
- 7-8 Drop Weight On R, Pop L Knee (7) Drop Weight On L, Pop R Knee (8).

Enjoy!!

(231)