

H.E.L.P ???

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Val Saari (Canada, November 2018)

Music: Help, The Beatles

RF TOE-STRUT MODIFIED JAZZ BOX, RF MAMBO BACK, SHUFFLE FORWARD (LRL), RF STEP-PIVOT 1/2 LEFT

1&2& Cross RF over L, Touch RF toe - drop R heel, Step LF left on toes, LF heel down

3&4 Rock RF back, Recover LF, Step RF together, hold

5&6 Shuffle forward LRL

7-8 Step RF forward, hold, Pivot 1/2 turn left (weight on left)

KICK-BALL CHANGE X 2 (RR), OUT, OUT, IN, IN

1&2 Kick RF forward, Step RF together, Step LF together, hold

3&4 Kick RF forward, Step RF together, Step LF together, hold

5-6 Step RF right, Step LF left

7-8 Step RF left, Step LF together

VINE RIGHT, SYNCOPATED SCISSORS, L TOE-TOUCHES, REVERSE GRAPEVINE

1-2 Step RF to right side, Step LF behind R

3&4 Rock RF to right side, Recover LF, Cross RF over left

5-6 Tap LF toes to left side twice

7&8 Cross-step LF behind R, Step RF right, Cross-step LF in front of R

RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

1&2 Step RF forward, Step LF beside R, Step RF forward

3-4 Step LF forward, Pivot 1/2 R

5&6 Step LF forward, Step RF beside L, Step LF Forward

7-8 Step RF forward, Pivot 1/4 L

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - **Phone:** 1-905-246-5027