

Country Meyras (P)

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Count: 64 **Wall:** — **Level:** Intermediate 2S - Partner / Circle

Choreographer: Linda Sansoucy Quebec (Canada) Feb 2014

Music: Help Me Make It Through The Night by Melba Montgomery [162 bpm]

Position: Closed

Intro: 16

MAN'S STEPS

RUMBA BOX FORWARD

- 1-2 Step left side, step right together
- 3-4 Step left forward, hold
- 5-6 Step right side, step left together
- 7-8 Step right back, hold

MAMBO BACK, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

- 1-2 Rock left back, recover to right
- 3-4 Step left forward, hold

The lady moves to the right of the man in Wrap Position

- 5-6 Step right forward, step left forward
- 7-8 Step right forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

- 1-2 Step left forward, cross right over
- 3-4 Step left forward, hold

Partners raise their arms when the lady turns to finish in Side-By-Side Position

- 5-6 Step right forward, step left forward
- 7-8 Step right forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

1-2 Step left forward, lock right behind

3-4 Step left forward, hold

The lady goes under the left arm of the man and in front in Closed Position

5 Step right forward

6-7-8 Step left forward, step right forward, hold

SCISSOR STEP, HOLD, STEP SIDE, TOGETHER, FORWARD STEP ¼ TURN, HOLD

1-2 Step left side, lock right behind

3-4 Cross left over, hold

5-6 Step right side, step left together

7-8 Turn ¼ right and step right forward, hold (OLOD)

Left walk position

½ TURN, STEP FORWARD, HOLD, ROCK FORWARD, IN PLACE, SIDE STEP ¼ TURN, HOLD

Partners release hands

1-2 Step left forward, turn ½ right (weight to right) (ILOD)

3-4 Step left forward, hold

Right walk position

5-6 Rock right forward, recover to left

7-8 Turn ¼ right and step right forward, hold (LOD)

Partners release hands. The man's left hand takes the lady's right hand. Partners are face-to-face

MAMBO BACK, HOLD, MAMBO FORWARD, HOLD

The lady goes under the left arm of the man

1-2 Rock left back, recover to right

3-4 Step left forward, hold

Closed position

5-6 Rock right forward, recover to left

7-8 Step right back, hold

MAMBO BACK, HOLD, STEP FORWARD, STEP FORWARD, STEP FORWARD, HOLD

- 1-2 Rock left back, recover to right
- 3-4 Step left forward, hold
- 5-6 Step right forward, step left

REPEAT

LADY'S STEPS

RUMBA BOX BACK

- 1-2 Step right side, step left together
- 3-4 Step right back, hold
- 5-6 Step left side, step right together
- 7-8 Step left forward, hold

MAMBO FORWARD, HOLD, SIDE STEP TURN $\frac{1}{4}$ LEFT, TOGETHER, FORWARD STEP TURN $\frac{1}{4}$ LEFT, HOLD

- 1-2 Rock right forward, recover to left
- 3-4 Step right back, hold

The lady moves to the right of the man in Wrap Position

- 5-6 Turn $\frac{1}{4}$ left and step left forward (LOD), step right together
- 7-8 Turn $\frac{1}{4}$ left and step left forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP BACK $\frac{1}{2}$ TURN, STEP FORWARD $\frac{1}{2}$ TURN, STEP FORWARD, HOLD

- 1-2 Step right forward, lock left behind
- 3-4 Step right forward, hold

Partners raise their arms when the lady turns to finish in Side-By-Side Position

- 5-6 Turn $\frac{1}{2}$ right and step left back, turn $\frac{1}{2}$ right and step right forward (LOD)
- 7-8 Step left forward, hold

STEP LOCK STEP FORWARD, HOLD, STEP BACK $\frac{1}{2}$ TURN, STEP BACK, STEP BACK, HOLD

1-2 Step right forward, lock left behind

3-4 Step right forward, hold

The lady goes under the left arm of the man and in front in Closed Position

5 Turn $\frac{1}{2}$ right and step left back (RLOD)

6-7-8 Step right back, step left back, hold

SCISSOR STEP, HOLD, STEP SIDE, TOGETHER, FORWARD STEP $\frac{1}{4}$ TURN, HOLD

1-2 Step right side, step left together

3-4 Cross right over, hold

5-6 Step left side, step right together

7-8 Turn $\frac{1}{4}$ left and step left forward, hold (OLOD)

Left walk position

$\frac{1}{2}$ TURN, STEP FORWARD, HOLD, ROCK FORWARD, IN PLACE, SIDE STEP $\frac{1}{4}$ TURN, HOLD

Partners release hands

1-2 Step right forward, turn $\frac{1}{2}$ left (weight to left) (ILOD)

3-4 Step right forward, hold

Right walk position

5-6 Step left forward, step right together

7-8 Turn $\frac{1}{4}$ left and step left forward, hold (RLOD)

Partners release hands. The man's left hand supports the lady's right hand. Partners are face-to-face

$\frac{1}{2}$ TURN, HOLD, STEP BACK TURN $\frac{1}{2}$ LEFT, HOLD, MAMBO BACK, HOLD

The lady goes under the left arm of the man

1-2 Step right forward, turn $\frac{1}{2}$ left (weight to left) (LOD)

3-4 Turn $\frac{1}{2}$ left and step right back, hold (RLOD)

Closed Position

5-6 Step left back, step right together

7-8 Step left forward, hold

MAMBO FORWARD, HOLD, STEP BACK, STEP BACK, STEP BACK, HOLD

1-2 Rock right forward, recover to left

3-4 Step right back, hold

5-6 Step left back, step right back

7-8 Step left back, hold

REPEAT

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