

HELP

Count: 96

Wall: 2

Level: intermediate

Choreographer: Carl Sullivan

Music: I Can Help by 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 $\frac{1}{4}$ turn left on count 8
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- 1-2** Step right forward, pivot turn $\frac{1}{2}$ turn left onto left
- 3&4** Side shuffle right-left-right to right side
- 5-6** Step left across behind right, unwind $\frac{1}{2}$ turn left onto left
- 7&8** Kick right forward, step right slightly back, step left across over right (kick, ball-cross)
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- 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 $\frac{1}{2}$ turn right on left foot, step right forward
- 7&8** Shuffle forward left-right-left
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- 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 $\frac{1}{2}$ 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 $\frac{1}{4}$ turn left onto left
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- 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
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- 1-48** Do the whole dance on the other foot as in mirror reflection starting with step left slightly forward on left diagonal

REPEAT