

# Help!

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**Count:** 64                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** Adriano Castagnoli (Wild Country)

**Music:** "Lee Kernaghan" - Sassafras Grap

## Or "Aaron Watson" - Heaven Help The Heart

### SWIVEL RIGHT, HOOK, STEP, HOOK, ROCK BACK, STOMP

- 1-2            Swivel Right to Right Side (Toe - Heel)
- 3-4            Hook Right Over Left And Slap Left On Right Heel, Step Right Forward
- 5-6            Hook Left Behind Right, Jumping Rock Back Left
- 7-8            Return To Right, Stomp Left

### FLICK UP, STOMP, HOOK & TURN $\frac{1}{4}$ TO LEFT, STOMP, HEEL SPLIT, PIVOT $\frac{3}{4}$ LEFT

- 1-2            Flick Up Left Behind To Left Side, Stomp Left
- 3-4            Hook Left Over Right And Turn  $\frac{1}{4}$  To Left, Stomp Left Forward
- 5-6            Swivel Both Heels Out, Swivel Both Heels To Centre
- 7-8            Step Forward Right, Pivot  $\frac{3}{4}$  Turn Left

### GRAPEVINE RIGHT $\frac{1}{4}$ TURN, HOLD, PIVOT $\frac{1}{2}$ RIGHT, STEP, SCUFF

- 1-2            Step Right To Right Side, Cross Left Behind Right
- 3-4            Step Right Forward  $\frac{1}{4}$  Turn, Hold
- 5-6            Step Left Forward, Pivot  $\frac{1}{2}$  Turn Right Weight Ends On Right
- 7-8            Step Left Forward Diagonally To Left, Scuff Right Beside Left

### JUMPING JAZZ BOX $\frac{1}{4}$ TURN RIGHT AND TOE, PENDULUM LEFT, KICK, STOMP

- 1-2            Jumping Cross Right Over Left, Step Left To Place And Kick Right Forward
- 3-4            Turning  $\frac{1}{4}$  To Right Jump Forward With Step Right, Touch Left Toe Behind Right
- 5-6            Up Heel Left Back Diagonally To Left, Hook Left Over Right
- 7-8            Kick Left Forward, Stomp Left

### TWIST TO LEFT, STOMP, KICK, HOOK, KICK, STOMP

- 1-2-3            With Weight On Balls Of Feet move Heels-Toes-Heels To Left Side

4-5-6 Stomp Right, Kick Right Forward, Hook Right Over Left

7-8 Kick Right Forward, Stomp Right

**KICK BACK, STOMP, TURN  $\frac{1}{4}$  RIGHT AND KICK, STOMP, ROCK BACK, HITCH AND SLAP, STOMP**

1-2 Kick Right Back, Stomp Right

**3-4  $\frac{1}{4}$  Turn Right (Weight To Left) And Kick Right Forward, Stomp Right**

5-6 Rock Back Right, Return To Left

7-8 Hitch Right Knee Up And Slap Right On Knee, Stomp Right Forward

**SWIVEL HEELS,  $\frac{1}{2}$  TURN LEFT, HOLD, COASTER STEP LEFT, SCUFF**

1-2 Swivel Both Heels To Right, Return To Place

3-4 Swivel Both Heels To Right Turning  $\frac{1}{2}$  Left, Hold

5-6 Step Left Back, Step Right Beside Left

7-8 Step Left Forward, Scuff Right Beside Left

**LOCK FORWARD RIGHT, TOE, ROCK BACK LEFT, STOMP (TWICE)**

1-2 Step Right Forward, Lock Left Behind Right

3-4 Step Right Forward, Touch Left Toe Behind Right

5-6 Rock Back Left, Return To Right

7-8 Stomp Left (Twice)

**REPEAT**

**RESTART:**

**Music by Lee Kernaghan - After 32 count of the 3rd and 4th wall restart the dance again**

**Music by Aaron Watson - After 32 count of the 3rd restart the dance again**