

Help Me

LINEDANCE.COM

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Jon Peppin

Music: Help Me Make It Through The Night by Willie Nelson. CD: The Essential Willie Nelson

Start Position: Feet together - with weight on right foot.

Starts on the word 'Hair'.

1-2 1,2 Step R forward, rock/replace weight back on L,

3,4 3&4 R backward coaster step - step R back, step L beside R, step R forward,

5,6 5,6 Step L forward, pivot 180 degrees R - placing weight onto R,

7,8 7&8 L shuffle forward - step L forward, step/slide R beside L, step L forward,

9-10 1,2 Step R to R side, step L beside R,

11-12 3&4 R side shuffle - step R to R side, step L beside R, step R to R side,

13-14 5,6 Turning 180 degrees L (hinge turn) - step L to L side, step R beside L,

15-16 7&8 L side shuffle - step L to L side, step R beside L, step L to L side,

17-18 1,2 Step/rock R across in front of L, rock/replace weight onto L,

19-20 3&4 Turning 270 degrees R on the spot stepping - R, L, R,

21-22 5,6 Step L forward, pivot 180 degrees R - placing weight onto R,

23-24 7&8 L shuffle forward - step L forward, step/slide R beside L, step L forward,

25-26 1,2 Step R to R side, rock/replace weight onto L,

27-28 3&4 Step R behind L, step L to L side, step R across in front of L,

29-30 5,6 Step L to L side, rock/replace weight onto R,

31-32 7&8 L sailor step - step L behind R, step/rock R to R side, rock/replace weight onto L,

33-34 1,2 Step/touch R behind L foot, pivot/unwind 270 degrees R - placing weight onto R,

35-36 3&4 L shuffle forward - step L forward, step/slide R beside L, step L forward,

37-38 5,6 Step R forward, pivot 270 degrees L - placing weight onto L,

39-40 7&8 R side shuffle - step R to R side, step L beside R, step R to R side,

41-42 1,2 Step/rock L behind R, rock/replace weight forward onto R,
43-44 3&4 Step L to L side, turning 180 degrees R – step R to R side, step L across in front of R,
45-46 5,6 Step R to R side, rock/replace weight onto L,
47-48 7&8 Travelling L – R cross shuffle – step R over L, step L to L side, step R over L,
49-50 1,2 Turning 90 degrees L – step L forward, touch R beside L,
51-52 3&4 Travel diagonally – step R back to R45, step L across in front of R, step R back at R45,
53-54 5,6 Step L back, rock/replace weight forward on R,
55-56 7&8 Travel diagonally forward – step L to L45, lock R behind L, step L to L45,
57-58 1,2 Step R forward, rock/replace weight back on L,
59-60 3&4 Travelling back – turning 450 degrees (1½ turns) R - step R, L, R,

OR

59-60 3&4 Travelling back - 180 degrees R turning shuffle – stepping R, L, R,
61-62 5,6 Step L forward, rock/replace weight back on R,
63-64 7&8 Travelling back – turning 450 degrees (1½ turns) L - step L, R, L.

OR

63-64 7&8 Travelling back - 180 degrees L turning shuffle – stepping L, R, L.

REPEAT DANCE IN NEW DIRECTION

**As taught by the Travelling Cowboy. (Ph.0413.714725). - Email:
travellingcowboy@dodo.com.au**