

HELPING HANDS

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Count: — **Wall:** 1 **Level:** —

Choreographer: Peter Metelnick

Music: I Can Help by Aaron Tippin

Sequence: For the Aaron Tippin Version, the sequence is AB AB C, A B A C, A BB A to end. For the Steve Kolander version, the sequence is AB AB C, A B A C, AB C.

PART A

ROCK FORWARD, RECOVER, CHA-CHA, ROCK BACK, RECOVER, CHA-CHA

- 1-2 Step left foot forward and rock forward, rock back on right foot & recover
- 3&4 Step left foot together, step right foot together, step left foot together
- 5-6 Step right foot back and rock back, rock forward on left foot & recover
- 7&8 Step right foot together, step left foot together, step right foot together

VINE LEFT 3, CROSS ROCK, KICK, ½ RIGHT, HITCH

- 1-3 Step left foot to left side, cross right foot behind right and step, step left foot to left side
- 4-5 Cross right foot over left and rock right foot forward, rock back on left foot and recover
- 6-7 Kick right foot forward, with right foot still in the air pivot ½ right on left foot & step right foot down
- 8 Hitch left knee up (now facing rear of hall)

- 17-32 Repeat above 16 counts to face front of hall

PART B

FORWARD 3, KICK, BACK HOPS, HOLD

- 1-4 Step left foot forward, step right foot forward, step left foot forward, kick right foot forward
- 5-8 Hop back on both feet 3x, hold (weight ends on right foot)

SIDE SHUFFLE LEFT, ROCK & RECOVER, SIDE SHUFFLE RIGHT, ROCK & RECOVER

- 1&2 Step left foot to left side, step right foot together, step left foot to left side
- 3-4 Step right foot back and rock back, step left foot forward & recover

5&6 Step right foot to right side, step left foot together, step right foot to right side

7-8 Step left foot back and rock back, step right foot forward & recover

PART C

SHUFFLE BOX

1&2& Step left foot to left side, step right foot together, step left foot to left side, turn $\frac{1}{4}$ right on left foot

3&4& Step right foot to right side, step left foot together, step right foot to right side, turn $\frac{1}{4}$ right on right foot

5&6& Step left foot to left side, step right foot together, step left foot to left side, turn $\frac{1}{4}$ right on left foot

7&8 Step right foot to right side, step left foot together, step right foot to right side

$\frac{1}{4}$ RIGHT, RIGHT KICK BALL CHANGE, SCUFF, JAZZ BOX WITH A TOUCH

1 Turn $\frac{1}{4}$ right on left foot to face front of hall

2&3 Kick right foot forward, step on ball of right foot, step left foot together

4 Scuff right foot forward

5-8 Cross right foot over left and step, step left foot back, step right foot to right side, touch left foot together

17-32 Repeat above 16 counts