

Help Me Remember

LINEDANCE.COM

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Noel Bradey (Aus) Nov 07

Music: Help Me Remember by Rascal Flatts, CD: Still Feels Good

RHUMBA BOX, TOGETHER, BACK, REPLACE, TOGETHER, FORWARD, REPLACE

- 1&2** Step left to left side, step right beside left, step left forward dragging right slightly towards left
- 3&4** Step right to right side, step left beside right, step right back dragging left slightly towards right
- &5-6** Step on ball of left beside right, rock right back, recover forward onto left
- &7-8** Step on ball of right beside left, rock forward on left, recover right back

TOGETHER, ½, ½, BACK, COASTER CROSS, SIDE, REPLACE, CROSS SIDE, REPLACE, ½ PIVOT, CROSS, SIDE

- &1&2** Step on ball of left beside right, turn ½ turn right to step right forward, turn ½ turn right to step left back, step right back (12:00)
- 3&4** Step left back, step right beside left, cross left over right
- 5&6** Rock right to right side, recover to left, cross right over left
- &7&8&** Rock left to left side, recover to right, pivot turn ½ turn left stepping left to left side, cross right over left, step left to left side (6:00)

DIAGONAL CROSS, REPLACE, ¼ TURN FORWARD, FORWARD, ½, ½, ROCK FORWARD, REPLACE, ½, ½ REVERSE PIVOT

- 1-2&3** Cross/rock right over left at 45 degrees left, recover back to left, turn ¼ turn right to step right forward, step left forward (9:00)
- 4&5** Turn ½ turn left stepping right back, turn ½ turn left stepping left forward, rock forward onto right (9:00)
- 6&7** Recover to left, turn ½ turn right stepping right forward, turn ½ turn right stepping left back (9:00)
- &8** Touch right toe back, reverse pivot turn ½ turn right taking weight onto right (3:00)

DIAGONAL CROSS, REPLACE, ¼, CROSS ¾ TURN, SAILOR, CROSS, REPLACE, ¼, FORWARD ½ PIVOT

- 1-2&** Cross/rock left over right at 45 degrees right, recover to right, turn $\frac{1}{4}$ turn left stepping left forward, (12:00)
- 3** Cross right over left as you turn 250 degrees left sweeping left around (weight right) (3:00)
- 4&5** Cross/step left behind right, step on ball of right to right side, recover to left
- 6** Cross/rock right over left at 45 degrees left
- 7&8&** Recover to left, turn $\frac{1}{4}$ turn right stepping right forward, step left forward, pivot turn $\frac{1}{2}$ turn right (weight right) (12:00)

**ROCK FORWARD, REPLACE, $\frac{1}{2}$, ROCK SIDE, REPLACE, BESIDE, $\frac{1}{4}$, $\frac{1}{4}$, CROSS, $\frac{1}{4}$, $\frac{1}{4}$
CROSS**

- 1-2&** Rock left forward, recover to right, turn $\frac{1}{2}$ turn left stepping left forward (6:00)
- 3-4&** Rock right to right side, recover to left, cross right over left
- 5&6** Turn $\frac{1}{4}$ turn right stepping left back, turn $\frac{1}{4}$ turn right stepping right to right side, cross left over right (12:00)
- 7&8** Turn $\frac{1}{4}$ turn left stepping right back, turn $\frac{1}{4}$ turn left stepping left to left side, cross right over left (6:00)

REPLACE, $\frac{1}{4}$, SIDE, BEHIND, $\frac{1}{4}$, BACK, BACK, TOGETHER, COASTER STEP

- 1&2** Recover to left, turn $\frac{1}{4}$ turn right stepping right forward, step left to left dragging right slightly towards left (9:00)
- 3&4** Cross/step right behind left, turn $\frac{1}{4}$ turn left stepping left forward, step right forward dragging left slightly towards right (6:00)
- 5-6&** Step left back dragging right towards left, step right back dragging left towards right, step on left beside right (12:00)
- 7&8** Step right back, step on left beside right, step right forward dragging left towards right (6:00)

Begin again.

TAG: After wall 2

FORWARD COASTER, BACK COASTER

- 1&2-3&4** Step left forward, step right beside left, step left back, step right back, step left beside right, step right forward

ENDING

Dance to count 34& (facing 12:00), then step on left to left side, dragging right to beside left.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=74117