

# I Will Help You

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Silvia Schill (DE) - April 2021

Musik: I Will Help You - Ilse DeLange



The dance begins at: 'Before the damage starts to break you' (about 21 seconds)

## **S1: Side, rock back, ¼ turn r, rock back, rock forward**

- 1-3 Step right with right - step back with left - weight back on right
- 4-6 ¼ turn right around and step left with left - step back with right, weight back on left (3 o'clock)
- 7-8 Step forward with right - weight back on left

## **S2: Touch behind, unwind ½ r, step, pivot ½ r, step, pivot ¼ r, step, point**

- 1-2 Touch right toe behind left foot - ½ turn right around on both balls, weight at end right (9 o'clock)
- 3-4 Step forward with left - ½ turn right around on both balls, weight at end right (3 o'clock)
- 5-6 Step forward with left - ¼ turn right around on both balls, weight at end right (6 o'clock)
- 7-8 Step forward with left - tap right toe (swing in a circle to the right and) right.

**Ending: The dance ends after '1-2' with only a ¼ turn to the right on '2' - 12 o'clock**

## **S3: Cross, side, cross, point, cross, back, ¼ turn l, side, touch**

- 1-2 Cross right over left - step left with left
- 3-4 Cross right over left - tap left toe (swing in a circle to the right and) left
- 5-6 Cross left over right - ¼ turn left around and step back with right (3 o'clock)
- 7-8 Step left with left - touch right next to left

**Restart: In the 6th round - towards 6 o'clock - break off here and start again from the beginning**

**Tag/restart: In the 8th round - towards 12 o'clock - break off here, dance the tag and start again from the beginning**

## **S4: Rolling vine r, vine l**

- 1-4 3 steps in the direction to the right, doing a full turn to the right (r - l - r) - tap left beside right
- 5-6 Step left with left - cross right behind left
- 7-8 Step left with left - touch right next to left.

**Repeat to the end**

## **Tag**

### **Rocking chair**

- 1-2 Step forward with right - weight back on left foot

**And don't forget to smile, because dancing is fun!**

**There is no guarantee for errors in the translation, content, spelling, etc.!**

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