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| Help Is On It's Way |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Anne Herd (AUS) & Brad White - September 2017 |
| **Music:** | Help Is On Its Way - Little River Band : (iTunes - 3:30) |
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**Intro: Start on lyrics counts in, weight on**

**S1: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS**

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| 1-2-3&4 | Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L |

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| --- | --- |
| 5-6-7&8 | Rock L to side, Recover to R, Cross L behind R, Step R to side, Cross L over R |

**S2: ROCK FWD. 1/4 R, 1/4 L, 2 X 1/4 PADDLE TURNS**

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| 1-2-3-4 | Rock fwd. on R, Recover to L, Turning 1/4 R Step R to side, Turning a further 1/4 R, step L to side (6:00) |

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| 5-6-7-8 | Step fwd. on R, Paddle turn 1/4 L taking weight to L, Step fwd. on R, Paddle turn 1/4 L taking weight to L (12:00) |

**S3: SKATE, SKATE, SHUFFLE, SKATE, SKATE SHUFFLE**

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| 1-2-3&4 | Skate fwd. R L, Shuffle fwd. RLR |

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| --- | --- |
| 5-6-7&8 | Skate fwd. L R, Shuffle fwd. LRL |

**S4: 1/4 PIVOT L, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE**

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| 1-2-3&4 | Step fwd. on R, Turn 1/4 L taking weight to L, Cross shuffle R over L stepping R L R |

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| --- | --- |
| 5-6-7&8 | Rock L to side, Recover to R, Cross shuffle L over R stepping L R L |

**[32]**

**Restart: On wall 7 dance to count 24 and Restart.**

**Contact: anneherd@bigpond.com**

**Last Update: 22 Jul 2023**