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| Heaven Help Me |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Elizabeth Bocci (AUS) & Cathy Breed (AUS) - July 2017 | | | | |
| **Music:** | Heaven Help Me - Rob Thomas : (Album: The Great Unknown - iTunes - 3:21) | | | | |
| . | | | | | | |

**Intro: 32 Counts, weight on left – Start on word ‘Stars’**

**[1 – 8] FORWARD, ROCK, BACK, HOLD, SHUFFLE BACK, BACK, ROCK**

|  |  |
| --- | --- |
| 1-2-3-4 | Step R forward, Rock/Recover onto L, Step back onto R, Hold |

|  |  |
| --- | --- |
| 5&6 | Step L back, Step R beside L, Step L back (shuffle) |

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| --- | --- |
| 7-8 | Step R back, Rock/Recover onto L - 12 |

**[9 – 16] KICK, BALL, CHANGE, STEP, PADDLE, WEAVE ¼**

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| --- | --- |
| 1&2 | Kick R Forward, Step R beside L, Step L beside R |

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| --- | --- |
| 3-4 | Step R Forward, Turn ¼ left step L to left (paddle) |

|  |  |
| --- | --- |
| 5-6-7-8 | Step R over left, Step L to left, Step R behind left, Turn ¼ left step L forward - 6 |

**[17 – 24] STEP, PIVOT, SHUFFLE FORWARD, ½, ½, ¼, SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Step R forward, Turn ½ left step L forward |

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| --- | --- |
| 3&4 | Step R forward, Step L beside right, Step R forward (shuffle) |

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| --- | --- |
| 5-6 | Turn ½ right step L back, Turn ½ right step R forward |

|  |  |
| --- | --- |
| 7&8 | Turn ¼ right step L to left, Step R beside left, Step L to left (side shuffle) - 3 |

**[25 – 32] SAILOR, SAILOR, TOUCH, TOUCH, HEEL, HEEL**

|  |  |
| --- | --- |
| 1&2 | Step R behind left, Step L to left, Step R to right (sailor) |

|  |  |
| --- | --- |
| 3&4 | Step L behind right, Step R to right, Step L to left (sailor) |

|  |  |
| --- | --- |
| 5&6& | Touch R to right, Step right beside L, Touch L to left, Step left beside R |

|  |  |
| --- | --- |
| 7&8& | Touch R heel forward, Step right beside L, Touch L heel forward, Step left beside R - 3 |

**[33 – 40] FORWARD, ROCK, ½, ½, COASTER, WALK, WALK**

|  |  |
| --- | --- |
| 1-2 | Step R forward, Rock/Recover onto L |

|  |  |
| --- | --- |
| 3-4 | Turn ½ right step R forward, Turn ½ right step L back |

|  |  |
| --- | --- |
| 5&6 | Step R back, Step L beside right, Step R forward (coaster) |

|  |  |
| --- | --- |
| 7-8 | Step L forward, Step R forward - 3 |

**[41 – 48] SIDE, BEHIND, SIDE, CROSS SHUFFLE, CROSS, HOLD, TWIST ¼, TWIST ¼**

|  |  |
| --- | --- |
| 1-2& | Step L to left, Step R behind left, Step L to left |

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| --- | --- |
| 3&4 | Step R across left, Step L to left, Step R across left (cross shuffle) |

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| --- | --- |
| &5-6 | Step L to left, Step R across left, Hold |

|  |  |
| --- | --- |
| 7-8 | Twist ¼ left weight on L, Twist ¼ right weight on R - 3 |

**[49 – 56] FORWARD, ROCK, ½ TURN, SHUFFLE, PADDLE, CROSS SAMBA**

|  |  |
| --- | --- |
| 1-2 | Step L forward, Rock/Recover onto R |

|  |  |
| --- | --- |
| 3&4 | Turn ½ left step L forward, Step R beside left, Step L forward (shuffle) |

|  |  |
| --- | --- |
| 5-6 | Step forward R, Turn ¼ left step L to left (paddle) |

|  |  |
| --- | --- |
| 7&8 | Step R across L, Step L to left, Step R to right (samba cross) - 6 |

**[57 – 64] CROSS, TOUCH, CROSS, TOUCH, FORWARD, ROCK, FULL TURN TRIPLE**

|  |  |
| --- | --- |
| 1-2 | Step L across right, Touch R to right |

|  |  |
| --- | --- |
| 3-4 | Step R across left, Touch L to left |

|  |  |
| --- | --- |
| 5-6 | Step L forward, Rock/Recover onto R |

|  |  |
| --- | --- |
| 7&8 | Turn ½ left step L beside right, Step R beside left, Turn ½ left step L slightly forward (optional coaster) - 6 |

**Tag/Restarts: On wall 2 & 6 dance to count 30& then Step forward R, Turn ¼ left step L to left (paddle)**

**Then Restart dance**

**Free to be copied provided no changes are made to the original choreography.**

**Cathy Breed – 0414 951 207 - c.breed@bigpond.com**