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| Help Me |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | John Fernandes (CAN) - December 2020 | | | | |
| **Music:** | Help Me (Live) - Elvis Presley : (Apple - Amazon) | | | | |
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**Intro: 8 Counts / BPM: 114 - No Restarts or Tags**

**Note: Michael Barr, was my mentor, who patiently worked with me through numerous iterations.**

**Special thanks to Jo Thompson Szymanski, who supported me and provided valuable feedback.**

**[1-8] L Mambo Forward, Hold, R Side Scissor Cross, Hold**

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| 1-4 | Rock step L forward; Return onto R in place; Step L back, Hold |

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| 5-8 | Step R to right; Step L besides R; Step R over L; Hold |

**[9-16] 1/4 R, 1/4 R, L Forward, Hold, 3 Step Weave, Sweep**

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| 1-4 | Turn ¼ R stepping back on L; Turn ¼ R stepping forward on R; Step L forward; Hold |

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| 5-8 | Step R in front of L; Step L to the left; Step R behind L; Sweep |

**[17-24] Sailor 1/4 Turn L, Hold, Forward R, 1/2 Pivot L, Forward R, Hold**

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| 1-4 | Step L behind R; Turn ¼ L stepping R in place; Step L forward; Hold |

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| 5-8 | Step R forward; Pivot turn ½ left onto L; Step R forward; Hold |

**[25-32] Lock Step Left, Lock Step Right**

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| 1-4 | Step L fwd; Lock R behind L; Step L fwd; Hold |

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| 5-8 | Step R fwd; Lock L behind R; Step R fwd; Hold |

**[33-40] Rumba side, fwd Hold, Rumba side R, Hold**

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| 1-4 | Step L to side; Step R besides L; Step L fwd; Hold |

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| 5-8 | Step R to right side fwd; Step L beside R; Step R to right side; Hold |

**[41-48] Rock R over L, Recover, ¼ turn L, Hold, 3 Step Weave, Sweep**

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| 1-4 | Cross L over R; recover R; Step L side ¼ turn left; Hold |

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| 5-8 | Step R in front of L; Step L side left; Step R behind L; Sweep |

**[49-56] Sailor cross, Scissor Cross, Hold**

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| 1-4 | Step L behind R; Step R besides L; Step L over R; Hold |

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| 5-8 | Step R to right; Step L besides R; Step R over L; Hold |

**[57-64] Scissor Cross, Hold , Rumba fwd, Hold**

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| 1-4 | Step L to left; Step R besides L; Step L over R; Hold |

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| 5-8 | Step R to side; Step L besides R; Step R fwd; Hold |

**Ending: Dance the 1st 15 counts and on the 16th count, sweep L behind R while unwinding ½ turn L to face the front wall.**

**Contact: John Fernandes**