Help Me Make It Through The Night

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Guylaine Bourdages (CAN) - January 2015
Music: Help Me Make It Through the Night - Anne Murray : (Album: Country Croonin'g)

Intro: 16 counts

[1-8] ☐(LF) Forward, 1/2L, (RF) Back, (LF) Coaster Step, (RF) Forward, 1/2 turn R, (LF) Back, RF Coaster Step

1-2	Step Left Forward, turn 1/2 Left Step Right Foot back
3&4	(Coaster Step) Step LF Back, RF beside LF, LF Forward
5-6	RF Forward, Turn 1/2 Right, LF Back
7&8	(Coaster Step) RF Back, LF beside RF, RF Forward

[9-16]☐(LF) Cross Rock, and Cross, 1/8L LF Diagonal L and (Hitch RF), Coaster Hitch, Back, 1/8R Side , Cross front

1-2	(Cross Rock Step) LF Cross in front of RF, Recover Weight onto RF
&3-4	LF to Left, RF cross in front of LF, 1/8L LF diagonal Left and Hitch RF
5&6	(Coaster + Hitch) RF Back, LF beside RF, RF forward & Hitch with LF
7&8	LF Back, RF to Right 1/8R, LF cross in Front of RF

[17-24]☐Hip Sway Right, Left, RLR, Turn 1/4L, Turn1/2L, 1/2L + Lock Step forward LRL

1-2	Hip Sway Right, Left
3&4	Hip Sway Right, Left, Right (Turn your body to the right for the body fly)
5-6	1/4Left LF Forward, 1/2L RF Back
7&8	1/2Left (Lock Step Forward) LF Forward, Lock RF behind RF, LF Forward

[25-32]☐ Sweep & (RF) Jazz Box and (LF) Jazz Box and (RF) Jazz Box and Touch

1-2	Sweep RF from back to front, RF Cross in Front of LF, LF Back
&3-4	RF Back, LF cross in front of RF, RF Back
&5-6-7-8	LF Back, RF cross in front of LF, LF back, RF to Right, LF Touch beside RF

NOTE :
Continue until the end of the song with the hip sway to finish face of the first wall (12H)

A very slow and sensual music and song ... with very true lyrics

Keep Smiling - Guylaine xx

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