# Help Is On It's Way

**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)

**Intro: Start on lyrics counts in, weight on**

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

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

| | |
|---|---|
| 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) |
| 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**

| | |
|---|---|
| 1-2-3&4 | Skate fwd. R L, Shuffle fwd. RLR |
| 5-6-7&8 | Skate fwd. L R, Shuffle fwd. LRL |

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

| | |
|---|---|
| 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 |
| 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.**

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**Last Update: 22 Jul 2023**