Help Me Make It

Count: 32	**Wall:** 4	**Level:** Improver	

Choreographer: Sharon Brizon (UK) - August 2015

Music: Help Me Make It Through the Night (Reggae Version) - John Holt : (iTunes)

Intro: 8 Counts (count in 1&2, 3&4, 5&6, 7&8 – to come in on the word "hair")

Section 1: Toe Taps, Coaster Step, Chasse L, Shuffle Fwd
1&	Tap right toe to right side. Tap right toe in.
2&	Tap right toe to right side. Tap right toe in.
3&4	Step back on right. Step left beside right. Step right forward.
5&6	Step left to left side. Close right beside left. Step left to left side.
7&8	Step forward on right. Close left beside right. Step forward on right.

Section 2: Toe Taps, Coaster, Chasse R, Shuffle ½ turn
1&	Tap left toe to left side. Tap left toe in.
2&	Tap left toe to left side. Tap left toe in.
3&4	Step back on left. Step right beside left. Step left forward.
5&6	Step right to right side. Close left beside right. Step right to right side.
7&8	Making a ½ turn left, Shuffle forward left-right-left. (6 o'clock)

Section 3: Monterey ¼ Turns x 2, Heel Switches x 2, Shuffle Fwd
1&	Tap right toe to right side. Making ¼ turn right, step right beside left.
2&	Tap left toe to left side. Step left beside right.
3&	Tap right to to right side. Making ¼ turn right, step right beside left.
4&	Tap left toe to left side. Step left beside right.
5&	Touch right heel forward. Step right foot in place.
6&	Touch left heel forward. Step left foot in place.
7&8	Shuffle forward right-left-right. (12 o'clock)

Section 4: Step ¼ Cross. Side Strut, Cross Strut. Long Step-Tog. Rocking Chair
1&2	Step left foot forward. Pivot ¼ turn right, weight on right. Step left across right.
3&	Touch right toe to right side. Drop right heel down.
4&	Touch left toe across right. Drop left heel down.
5-6	Take a long step right to right. Step left beside right.
7&	Rock forward on right. Recover weight on left.
8&	Rock back on right. Recover weight on left.

REPEAT

Contact: sharon.brizon@ntlworld.com