## It Through The Night Cha Cha



Count: 32 Wall: 4 Level: Improver

Choreographer: Kuk Kumson (KOR) - December 2020

Music: Help Me Make It Through the Night (feat. Loren Allred) - Michael Bublé



Intro: 20 counts - \*\* No Tag, No Restart

Sec. 1) Back, F 1-3 4&5 6-7 8&1	Rock Back, Recover, Forward Shuffle, Spiral Full Turn L, Forward Shuffle RF back LF (1), Rock LF back RF (2), Recover on RF (3) LF forward (4), Lock RF behind LF (&), LF forward (5) RF forward Spiraling full turn L (6-7) (12:00) LF forward (8), Lock RF behind LF (&), LF forward (1)
Sec. 2) Sway (R, L), Behind, Side, Cross, Sway (L, R), Behind, 1/4R, Forward	
2-3	RF to R side with sway R (1), Sway L (2)
4&5	Behind RF over LF (4), LF to L side (&), Cross RF over LF (5)
6-7	LF to L side with sway L (6), Sway R (7)
8&1	Behind LF over RF (8), 1/4R RF forward (&) (3:00), LF forward (1)
Sec. 3) Rock Forward, Recover, Back Shuffle, Rock Back, Recover, Forward Sailor 1/4L	
2-3	Rock RF forward (2), Recover on LF (3)
4&5	RF back LF (4), Lock LF cross over RF (&), RF back LF (5)
6-7	Rock LF back RF (6), Recover on RF (7)
8&1	Cross LF over RF (8), 1/4L RF back LF (&) (12:00), LF to L side (1)
Sec. 4) Forward Sailor 1/4R, Forward, Pivot 1/2L, Rock Forward, Recover	
2&3	Cross RF over LF (2), 1/4R LF back RF (&) (3:00), RF to R side (3)
4-6	LF forward (4), RF forward (5), Pivot 1/2L (6) (9:00)
7-8	Rock RF forward (7), Recover on LF (8)

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