

Help!!

Count: 16

Wall: 4

Level: Beginner

Choreographer: Ida-Lee Oakson (SWE) - June 2025

Music: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro: 32 counts

Sektion 1: VINE RIGHT WITH TURN, HITCH, WALK BACK, TOUCH

- 1-4 Step to the right on right foot, Cross left foot behind right and step, Step to the right on right foot, making a $\frac{1}{4}$ turn to the right with the step Hitch left knee
- 5-8 Walk back on left foot, Walk back on right foot, Walk back on left foot, Touch right toe next to left foot

Sektion 2: HEEL TOUCHES & HEEL HOOKS

- 1-4 Tap right heel forward, hook over left knee, tap right heel forward, step right next to left.
- 5-8 Tap left heel forward, hook over right knee tap left heel forward, step left next to right.

Do it all over again and have fun!!
