

Help Me

Count: 32

Wall: 1

Level: Intermediate

Choreographer: Brett Johnston (UK)

Music: All for You - Janet Jackson



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|-------|---|
| 1&2 | Kick right & step forward onto left |
| 3-4 | Turn ¼ turn over the right shoulder |
| 5-8 | Moon walks back or walk back right, left, right, left |
| 9 | Change weight |
| 10 | Turn ¼ turn over the left shoulder changing the weight at the same time |
| 11-12 | Step on the ball of the left foot turn ¼ turn over the left shoulder |
| 13 | Change the weight |
| 14 | Kick left on a diagonal to the left |
| 15 | Cross the left foot over the right |
| 16 | Touch right toe behind |
| 17 | Put weight on ball of right foot |
| 18& | Turn over the left shoulder step on left foot |
| 19 | Step forward on the right foot |
| 20&21 | Step forward left, bring right to left step left forward |
| 22 | Step right out to right side |
| 23 | Step out on the left foot |
| 24 | Hold |
| 25-27 | Touch right hand on the left shoulder, touch right hand on right shoulder, bring hand down by your side |
| 28-30 | Repeat steps 25-27 using other hand |
| 31 | Cross arms above head |
| 32 | Bring arms down (at the same time change weight to left so you ready to kick on the right) |

REPEAT
