

A Helping Hand

Count: 64

Wall: 4

Level: Improver

Choreographer: Alan Birchall (UK)

Music: Children Need A Helping Hand



Written For The L.D.T.A. Charity Dance Jan 2001 In Aid Of The Rainbow Trust

VINE RIGHT, SCUFF, VINE LEFT, SCUFF (HOLDING HANDS)

- 1-2 Step right to right, cross left behind right
- 3-4 Step right to right, scuff left (or touch) by right
- 5-6 Step left to left, cross right behind left
- 7-8 Step left to left, scuff right by left

CROSS ROCK, RECOVER, ½ SHUFFLE TURN RIGHT, CROSS ROCK, RECOVER, ½ SHUFFLE TURN LEFT

- 9-10 Rock right over left, recover on left
- 11&12 Make ½ shuffle turn right stepping right, left, right
- 13-14 Rock left over right, recover on right
- 15&16 Make ½ shuffle turn left stepping left right left

STEP, ½ PIVOT, STEP ¼ PIVOT, VINE RIGHT, SCUFF

- 17-18 Step forward on right, make ½ pivot left
- 19-20 Step forward on right, make ¼ pivot left
- 21-22 Step right to right, cross left behind right
- 23-24 Step right to right, scuff left (or touch) by right

VINE LEFT, SCUFF, SHUFFLE FORWARD RIGHT & LEFT (HOLDING HANDS)

- 25-26 Step left to left, cross right behind left
- 27-28 Step left to left, scuff right by left
- 29&30 Step forward on right, step left by right, step forward on right
- 31&32 Step forward on left, step right by left, step forward on left

ROCK FORWARD, RECOVER, SHUFFLE BACK RIGHT & LEFT, ROCK BACK RECOVER (HOLDING HANDS)

- 33-34 Rock forward on right, recover on left
- 35&36 Step back on right, step left by right, step back on right
- 37&38 Step back on left, step right by left, step back on left
- 39-40 Rock back on right, recover on left

HEEL SWITCH'S WITH ¼ TURNS & CLICKS

- 41& Step right heel forward, step right in place
- 42& Touch left heel forward, step left in place
- 43-44 Step forward on right, make ¼ turn to left (click fingers)
- 45& Step right heel forward, step right in place
- 46& Touch left heel forward, step left in place
- 47-48 Step forward on right, make ¼ turn to left (click fingers)

SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE, ROCK RECOVER

- 49&50 Step right to right, step left by right, step right to right
- 51-52 Rock back on left, recover on right
- 53&54 Step left to left, step right by left, step left to left
- 55-56 Rock back on right recover on left

STEP, CROSS KICKS WITH CLAPS

57-58	Step right to right, kick left over right (clap hands)
59-60	Step left to left, kick right over left (clap hands)
61-62	Step right to right, kick left over right (clap hands)
63-64	Step left to left, kick right over left (clap hands)

REPEAT
