

Help Me

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Jon Peppin (AUS) - July 2010

Music: Help Me Make It Through the Night - Willie Nelson : (CD: The Essential Willie Nelson)



Start Position: Feet together - with weight on right foot.
Starts on the word 'Hair'.

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|-----------|--|
| 1-2 | 1,2 Step R forward, rock/replace weight back on L, |
| 3,4 | 3&4 R backward coaster step – step R back, step L beside R, step R forward, |
| 5,6 | 5,6 Step L forward, pivot 180 degrees R – placing weight onto R, |
| 7,8 | 7&8 L shuffle forward – step L forward, step/slide R beside L, step L forward, |
| | |
| 9-10 | 1,2 Step R to R side, step L beside R, |
| 11-12 | 3&4 R side shuffle – step R to R side, step L beside R, step R to R side, |
| 13-14 | 5,6 Turning 180 degrees L (hinge turn) – step L to L side, step R beside L, |
| 15-16 | 7&8 L side shuffle – step L to L side, step R beside L, step L to L side, |
| | |
| 17-18 | 1,2 Step/rock R across in front of L, rock/replace weight onto L, |
| 19-20 | 3&4 Turning 270 degrees R on the spot stepping – R, L, R, |
| 21-22 | 5,6 Step L forward, pivot 180 degrees R – placing weight onto R, |
| 23-24 | 7&8 L shuffle forward – step L forward, step/slide R beside L, step L forward, |
| | |
| 25-26 | 1,2 Step R to R side, rock/replace weight onto L, |
| 27-28 | 3&4 Step R behind L, step L to L side, step R across in front of L, |
| 29-30 | 5,6 Step L to L side, rock/replace weight onto R, |
| 31-32 | 7&8 L sailor step – step L behind R, step/rock R to R side, rock/replace weight onto L, |
| | |
| 33-34 | 1,2 Step/touch R behind L foot, pivot/unwind 270 degrees R – placing weight onto R, |
| 35-36 | 3&4 L shuffle forward – step L forward, step/slide R beside L, step L forward, |
| 37-38 | 5,6 Step R forward, pivot 270 degrees L – placing weight onto L, |
| 39-40 | 7&8 R side shuffle – step R to R side, step L beside R, step R to R side, |
| | |
| 41-42 | 1,2 Step/rock L behind R, rock/replace weight forward onto R, |
| 43-44 | 3&4 Step L to L side, turning 180 degrees R – step R to R side, step L across in front of R, |
| 45-46 | 5,6 Step R to R side, rock/replace weight onto L, |
| 47-48 | 7&8 Travelling L – R cross shuffle – step R over L, step L to L side, step R over L, |
| | |
| 49-50 | 1,2 Turning 90 degrees L – step L forward, touch R beside L, |
| 51-52 | 3&4 Travel diagonally – step R back to R45, step L across in front of R, step R back at R45, |
| 53-54 | 5,6 Step L back, rock/replace weight forward on R, |
| 55-56 | 7&8 Travel diagonally forward – step L to L45, lock R behind L, step L to L45, |
| | |
| 57-58 | 1,2 Step R forward, rock/replace weight back on L, |
| 59-60 | 3&4 Travelling back – turning 450 degrees (1½ turns) R - step R, L, R, |
| OR | |
| 59-60 | 3&4 Travelling back - 180 degrees R turning shuffle – stepping R, L, R, |
| 61-62 | 5,6 Step L forward, rock/replace weight back on R, |
| 63-64 | 7&8 Travelling back – turning 450 degrees (1½ turns) L – step L, R, L. |
| OR | |
| 63-64 | 7&8 Travelling back - 180 degrees L turning shuffle – stepping L, R, L. |

REPEAT DANCE IN NEW DIRECTION

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