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| H.E.L.P??? |  |

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| **Compte:** | 32 | **Mur:** | 4 | **Niveau:** | Improver | . |
| **Chorégraphe:** | Val Saari (CAN) - November 2018 | | | | |
| **Musique:** | Help! - The Beatles | | | | |
| . | | | | | | |

**RF TOE-STRUT MODIFIED JAZZ BOX, RF MAMBO BACK, SHUFFLE FORWARD (LRL), RF STEP-PIVOT 1/2 LEFT**

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| 1&2& | Cross RF over L, Touch RF toe - drop R heel, Step LF left on toes, LF heel down |

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| 3&4 | Rock RF back, Recover LF, Step RF together, hold |

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| 5&6 | Shuffle forward LRL |

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| 7-8 | Step RF forward, hold, Pivot 1/2 turn left (weight on left) |

**KICK-BALL CHANGE X 2 (RR), OUT, OUT, IN, IN**

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| --- | --- |
| 1&2 | Kick RF forward, Step RF together, Step LF together, hold |

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| --- | --- |
| 3&4 | Kick RF forward, Step RF together, Step LF together, hold |

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| --- | --- |
| 5-6 | Step RF right, Step LF left |

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| 7-8 | Step RF left, Step LF together |

**VINE RIGHT, SYNCOPATED SCISSORS, L TOE-TOUCHES, REVERSE GRAPEVINE**

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| 1-2 | Step RF to right side, Step LF behind R |

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| 3&4 | Rock RF to right side, Recover LF, Cross RF over left |

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| 5-6 | Tap LF toes to left side twice |

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| --- | --- |
| 7&8 | Cross-step LF behind R, Step RF right, Cross-step LF in front of R |

**RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L**

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| 1&2 | Step RF forward, Step LF beside R, Step RF forward |

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| --- | --- |
| 3-4 | Step LF forward, Pivot 1/2 R |

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| 5&6 | Step LF forward, Step RF beside L, Step LF Forward |

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| --- | --- |
| 7-8 | Step RF forward, Pivot 1/4 L |

**REPEAT - No Tags, No Restarts**

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