

Need Your Help

拍数: 64 墙数: 0 级数: Improver
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音乐: Help Me Make It Through the Night - John Holt



Intro Start on the word 'Hair'.

Section 1: Side together, Scissor Step , to Right, then Left

- 1,2, 3&4 Step Right to side, close Left to Right, step Right to side, close Left to Right cross Right over Left.
5,6 7&8 Step Left to side, close Right to Left, step left to side, close , to Left cross Left over Right.

Section 2: diagonally forward Right & Left Lock steps. 2 x ¼ Right, Monterey turns

- 1&2&3&4&, step forward dia. On Right, lock Left behind Right, step forward on Right tap Left next to Right, step forward dia. Left, step Right behind Left, step forward on Left, tap Right next to Left.
5&6&7&8& point Right out to Right, turn ¼ turn Right, point Left out to side, step Left next to Right, point Right out to side, turn ¼ turn Right, point Left out to side, step Left next to Right. Touch Right next to Left.

Section 3: Modified forward & back rumba boxes.

- 1&2&3&4& step Right to side, close Left next to Right, step forward onto right, tap Left next to Right, step Left to side, close Right to Left, step forward onto Left, tap Right next to Left .
5&6&7&8& step Right to side, close Left to Right, step back on Right, tap Left next to Right, step Left to side, close Right to Left, step back on Left, tap Right next to Left.

Section 4: Right & Left , Mambo steps, cross rock steps Right & Left.

- 1&2 ,3&4 , Rock out to Right, recover onto Left, step Right to Left, rock Left out to side, recover onto right, step Left next to Right.
5&6&7&8& cross rock Right over Left, recover onto Left, rock forward on to Right, brush Left pass Right, cross rock Left over Right, recover onto Right, rock forward onto Left, Tap Right next to Left.

Start again

No Tags or Restarts enjoy !