

# Through The Night

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Improver  
编舞者: Roger Neff (USA) - March 2019  
音乐: Help Me Make it Through the Night - Die Campbells



Alt. Music: Help Me Make It Through the Night by Sammi Smith

No Tags Or Restarts

Intro: 12 counts

## [1-8] LONG STEP TO R, BEHIND-SIDE-CROSS, SIDE ROCK CROSS, ¼ TURN TO R, TRIPLE STEP TURN-ING ½ OVER R SHOULDER (9:00)

1,2&3      Long step to R, Step L behind R, Step to R, Step L over R  
4&5      Rock to R, Recover on L, Step R over L  
6,7&8      Turn ¼ to R and step back on L, Triple step R,L,R turning ½ over R shoulder (9:00)

## [9-16] L LOCK STEPS FWD, R LOCK STEPS FWD, STEP L OVER R, STEP TO R, SAILOR STEP WITH ½ TURN

1&2      Step fwd on L, Lock R behind L, Step fwd on L (on slight L diagonal)  
3&4      Step fwd on R, Lock L behind R, Step fwd on R (on slight R diagonal)  
5-6      Step L over R, Step to R,  
7&8      Step L behind R, Turn ½ to L and step on R beside L, Step forward on L

## [17-24] SERPIENTE PATTERN, STEP TO L, CLOSE R, CROSS SHUFFLE

1,2&3      Step fwd on R, Step L over R, Step to R, Step L behind R  
4&5      Sweep R behind L, Step to L, Step R over L  
6&7&8      Step to L, Close R, Step L over R, Step to R, Step L over R

## [25-32] SWAY TO R, SWAY TO L, BEHIND-SIDE-CROSS, STEP TO L, ROCK BACK, RECOVER, WEAVE TO R

1-2      Sway to R, Sway to L  
3&4      Step R behind L Step to L, Step R over L  
5,6&      Step to L, Rock back on R, Recover on L  
7&8&      Step to R, Step L behind R, Step to R, Step L over R

Contact Roger at: [lingofun@sbcglobal.net](mailto:lingofun@sbcglobal.net)