

Little Help

拍数: 64 墙数: 4 级数: Improver
编舞者: Gudrun Schneider (DE) - May 2019
音乐: Little Help (feat. Mimi & Josy) - The BossHoss



The dance starts after 16 count intro

POINT FWD R, POINT SIDE R, TOUCH R, KICK R, ROCK BACK R, TOE STRUT SIDE

- 1-2 RF point forward, RF point right
- 3-4 RF touch beside LF, RF kick forward
- 5-6 RF step back, recover on LF
- 7-8 RF toe right side, drop heel down

ROCK BACK L, STEP SIDE L, BEHIND R, ¼ TURN STEP L, HOLD, STEP R FWD ½ TURN

- 1-2 LF rock behind RF, recover on RF
- 3-4 LF step left, RF step behind LF
- 5-6 ¼ turn left, LF step forward, hold (9:00)
- 7-8 RF step forward, ½ turn left (3:00)

STEP R DIAG. FWD, SWIVEL HEEL/TOE/HEEL, STEP L DIAG. FWD, TOUCH R, STEP BACK R, TOUCH L

- 1-2 RF step diagonally forward, swivel left heel in towards right heel
- 3-4 Swivel left toe in towards right heel, swivel left heel in towards right heel
- 5-6 LF step diagonally forward, RF touch next to LF
- 7-8 RF step diagonally back, LF touch next to RF

ROCK FWD, ½ TURN L, STEP L FWD, HOLD, STEP R ½ TURN L, POINT SIDE R, TOUCH R

- 1-2 LF step forward, recover on RF
- 3-4 ½ turn left, LF step forward, hold (9:00)
- 5-6 RF step forward, ½ turn left (3:00)
- 7-8 RF point right, RF touch next to LF

ROCKING CHAIR R, ¼ TURN L, SIDE STEP R, TOUCH, 1/4 TURN L – SIDE STEP L- TOUCH

- 1-2 RF rock forward, recover on LF
- 3-4 RF rock back, recover on LF
- 5-6 ¼ turn left, RF step right side, LF touch next to RF (12:00)
- 7-8 ¼ turn left, LF step left side, RF touch next to LF (3:00)

STEP SIDE R, TOGETHER, STEP R FWD, SCUFF L, JAZZ BOX

- 1-2 RF step right, LF step beside RF
- 3-4 RF step forward, left heel scuff forward
- 5-6 LF cross over RF, RF step back
- 7-8 LF step left side, RF step forward

ROCKING CHAIR L, ¼ TURN R, SIDE STEP L, TOUCH, 1/4 TURN R – SIDE STEP R- TOUCH

- 1-2 LF rock forward, recover on RF
- 3-4 LF rock back, recover on RF
- 5-6 ¼ turn right, LF step left side, RF touch next to LF (12:00)
- 7-8 ¼ turn right, RF step right side, LF touch next to RF (3:00)

(Restart – wall 5)

STEP SIDE L, TOGETHER, STEP R FWD, SCUFF R, JAZZ BOX

- 1-2 LF step left, RF step beside LF
- 3-4 LF step forward, right heel scuff forward

5-6 RF cross over LF, LF step back
7-8 RF step right side, LF step forward

TAG: After wall 2 (6:00)

VINE R, VINE L

1-2 RF step right side, LF behind RF
3-4 RF step right side, LF touch beside RF
5-6 LF step left side, RF behind LF
7-8 LF step left side, RF touch beside LF

RESTART: In wall 5 after 56 count (3:00) (change the weight to left foot, dance not touch, but step)

HAVE FUN

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