

Little Help

拍数: 32 墙数: 2 级数: Newcomer EC
编舞者: Laura Kiehne (DE) & Ulrich Kiehne (DE) - August 2019
音乐: Little Help (feat. Mimi & Josy) - The BossHoss



Intro: 16 Counts

[1- 8] Chassé R, Backrock, Chassé L, Backrock

- 1 & 2 Step right to right side, step left next to right, step right to right side,
- 3-4 Step left behind right, recover weight onto right
- 5 & 6 Step left to left side, step right next to left, step left to left side
- 7-8 Step right behind left, recover weight onto right

[9-16] Shuffle Forward, Step, ½ Turn Right, Shuffle Forward, Step, ½ Turn Left

- 1 & 2 Step right forward, step left beside right, step right forward
- 3-4 Step left forward, make a ½ turn right and recover weight forward onto right
- 5 & 6 Step left forward, step right beside left, step left forward
- 7-8 Step right forward, make a ½ turn left and recover weight forward onto left

[17-24] Heel Grind R, Coaster Step R, Heel Grind L, Coaster Step L

- 1-2 Rock forward on R heel arcing toe out to side, return weight back onto left
- 3 & 4 Step right forward, step left together with right, step right back
- 5-6 Rock forward on L heel arcing toe out to side, return weight back onto right
- 7 & 8 Step left forward, step right together with left, step left back

[25-32] Monterey Turn R, ½ , Rocking Chair

- 1-2 Touch R, toe R, ½ turn R
- 3-4 Touch L, toe L, step together
- 5-6 Rock forward on right, rock back onto left
- 7-8 Rock back on right, rock forward onto left

... start again

Tag: There is an 8 count Tag after Wall 4 (facing 12:00):

- 1- 8 V-Steps (out out in in), Kick Ball change, Kick Ball change
- 1 & 2 Small step right diagonal forward, small step left diagonal forward,
- 3-4 Step right onto startposition, step left onto startposition
- 5 & 6 Kick right forward, step ball of right foot back to place, step left in place
- 7 & 8 Kick right forward, step ball of right foot back to place, step left in place

... then start again