# Help Me Up (LDFWW 2021)

**拍数:** 48 **墙数:** 2 **级数:** High Improver

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**音乐:** Help Me Up - Justin Wellington : (Single)

**Introduction: 32 counts, start after the vocals approx 20 sec.**

**Part 1. 1-8 R Side, L Behind with Sweep R, Weave L, Side Mambo R ¼ L, Back Rock R.**

| | |
|---|---|
| 1,2 | Step Rf to R (1), Step Lf behind Rf and sweep Rf from front to back (2). |
| 3&4 | Step Rf behind Lf (3), Step Lf to L (&), Step Rf across Lf (4). |
| 5&6 | Mambo Lf to L (5), Make ¼ turn L (9.00) recover back onto Rf (&), Step Lf slightly back (6). |
| 7,8 | Rock Rf back (7), Recover back on Lf (8). |

**Part 2. 9-16 Syncopated Side Rocks R, L, Back L with Syncopated Hip Bumps Back.**

| | |
|---|---|
| 1,2& | Rock Rf to R (1), Recover back onto Lf (2), Step Rf beside Lf (&). |
| 3,4 | Rock Lf to L (3), Recover back onto Rf (4). |
| &5&6 | Step Lf back and bump hips to centre (&), Bump hips back (5), Bump hips to centre (&), Bump hips back (6). |
| &7&8 | Bump hips to centre (&), Bump hips back (7), Bump hips to centre (&), Bump hips back (8). |

**Part 3. 17-24 Step R, Side Point L, Step L, Side Point R, Volta ½ R Arch.**

| | |
|---|---|
| 1,2 | Step Rf fwd (1), Point Lf out to L (2). |
| 3,4 | Step Lf fwd (3), Point Rf out to R (4). |
| 5&6& | Step Rf fwd (5), Small Step Lf to L (&), Step Rf across Lf (6), Small Step Lf to L (&). |
| 7&8 | Step Rf across Lf (7), Small step Lf to L (&), Step Rf across Lf squaring up at (3.00) weight onto L (8). |

**Part 4. 25-32 Walks Fwd L, R, L, Touch R Together, Side R, Touch L Together, Step L ¼ Turn L, Touch R Together.**

| | |
|---|---|
| 1,4 | Chest Pumps Fwd (1-4): Walk Lf fwd (1), Walk Rf fwd (2), Walk Lf fwd (3), Touch Rf beside Lf (4). |
| 5,8. | Step Rf to R (5), Touch Lf beside Rf (6), Make ¼ turn L (12.00) step Lf fwd (7), Touch Rf beside Lf (8). |

**(NB: Restart here in wall 3 after 32 counts, after start again 12 o'clock).**

**Part 5. 33-40 2x R Out, L Out, R Inn, L Inn (Hand Movement).**

| | |
|---|---|
| 1,4 | Step Rf out fwd (1), Step Lf out fwd (2), Step Rf back in place (3), Step Lf back in place (4). |
| 5,8 | Step Rf out fwd (5), Step Lf out fwd (6), Step Rf back in place (7), Step Lf back in place (8). |

**(Note: On above counts 1-8 bring both hand out and Inn fingers spread to front).**

**Part 6. 41-48 Syncopated Fwd Rocks R, L ¼ Turn to R, ½ Walking Circle to L, Step Lock Step L ¼ Turn to L.**

| | |
|---|---|
| 1,2&. | Rock Rf fwd (1), Recover back onto Lf (2), Make ¼ turn R (3.00) Step Rf to R (&). |
| 3,4 | Rock Lf fwd (3), Recover back onto Rf (4). |
| 5,6 | Make ¼ turn L (12.00) Walk Lf fwd (5), Make ¼ turn L (9.00) Walk Rf fwd (6). |
| 7&8 | Make ¼ turn L (6.00) step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8). |

**REPEAT DANCE AND HAVE FUN!!**