

# Lord, Tonight I Need A Friend

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Budi Satrio (INA) & Ria Lolong (INA) - August 2024  
音乐: Help Me Make It Through the Night - EMIN & Engelbert Humperdinck



Intro Music: 16 Counts  
NO TAGS! NO RESTARTS!

## S1. ROCK FWD, RECOVER, ROCK FWD, BACK LOCK SHUFFLE, BACK ROCK, RECOVER, ½ PIVOT L

1-2-3      Rock RF fwd (1), Recover onto LF (2), Rock RF fwd (3)  
4&5      Step LF back (4), Lock RF in front of LF (&), Step LF back (5)  
6-7      Rock RF back (6), Recover onto LF (7)  
8&      Step RF fwd (8), ½ Turn L change body weight to LF (&) 6:00

## S2. STEP FWD R-L, ¼ TURN R, CROSS SHUFFLE, ROCKING CHAIR DIAG FWD, FWD ROCK, RECOVER

1-2-3      Step RF fwd (1), Step LF fwd (2), ¼ Turn R move body weight to RF (3) 9:00  
4&5      Cross LF over RF (4), Step RF to side (&), Cross LF over RF (5)  
6&7&      Rock RF diag fwd facing 10:30 (6), Recover onto LF (&), Rock RF diag bwd (7), Recover onto LF (&)  
8&      Rock RF fwd (8), Recover onto LF (&)

## S3. CROSS OVER, ¼ TURN R, STEP TO SIDE, CROSS SHUFFLE, STEP TO SIDE, ¼ TURN L, FWD LOCK SHUFFLE

1-2-3      Cross RF over LF facing 9:00 (1), ¼ Turn R stepping LF back facing 12:00 (2), Step RF to side (3)  
4&5      Cross LF over RF (4), Step RF to side (&), Cross LF over RF (5)  
6-7      Step RF to side (6), ¼ Turn L move body weight to LF (7) 9:00  
8&1      Step RF fwd (8), Lock LF behind RF (&), Step RF fwd (1)

## S4. ½ PIVOT R, FWD LOCK SHUFFLE, POINT TO R-L-R SIDE, TOUCH BESIDE

2-3      Step LF fwd (2), ½ Turn R move body weight to RF (3) 3:00  
4&5      Step LF fwd (4), Lock RF behind LF (&) Step LF fwd (5)  
6&7&      Point R toe to R side (6), Step RF beside LF (&), Point L Toe to L side (7), Step LF beside RF (&)  
8&      Point R Toe to R side (8), Touch RF beside LF (&)

Enjoy the Dance!

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