

# Lip Suction

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Experienced Beginner  
编舞者: Sandy Kerrigan (AUS) - April 2025  
音乐: Help Yourself - Tom Jones : (iTunes)



Dance Info: Dance starts wt on Left-Dance starts on lyrics.

BPM [91:79] Track Length 2:53

There is one restart at count 12 Facing 9:00-Wall 6

**Walk Fwd R, Walk Fwd L, Shuffle R Fwd, Walk Fwd L, Walk Fwd R, L Mambo Step 12:00**

1 2 3 & 4      Walk Fwd R, Walk Fwd L, Step Fwd R, Step L next to R, Step Fwd R

5 6 7 & 8      Walk Fwd L, Walk Fwd R, Rock Fwd L, Replace Back to R, Step Back on L

**Styling Note: Swing your arms in the air, or side to side, any happy arm styling.**

**Walk Back R, Walk Back L, Walk Back R, Step Together, Toe Switches, R Shuffle Fwd 12:00**

1 2 3 4      Walk Back R, Walk Back L, Walk Back R, Step L next to R

**Wall 6: Restart here facing 9:00 wall**

5 & 6 &      Point R Toe Fwd, Step R next to L, Point L Toe Fwd, Step L next to R

7 & 8      Step Fwd R, Step L next to R, Step Fwd R

**¼ L-Jazz Box, L Side Shuffle, Back Rock Step, Side 9:00**

1 2 3 4      Cross L over R, Turning ¼ L-Step Back on R, Step L to L Side, Cross R over L

5 & 6      Step L to L, Step R next to L, Step L to L Side

7 & 8      Rock Back on R, Replace Fwd to L, Step R to R Side

**Behind, Side, Cross, R Side Shuffle, Back Rock Step, L Shuffle Fwd 9:00**

1 & 2      Cross/Step L behind R, Step R to R, Cross L over R

3 & 4 5 6      Step R to R, Step L next to R, Step R to R, Rock Back on L, Replace Fwd to R

7 & 8      Step Fwd L, Step R next to L, Step Fwd L

**[32]**

**Note: One restart wall 6 at count 12 – Noted Above**

**Ending: Facing 3:00 Wall: Section 4: Dance counts 3 & 4**

**Add the following:**

1 2 3 4      Walk Back L, R, Turning ¼ L-Step L to L (12:00) Side Point R to R Side, Look back over your R shoulder, and blow a kiss.