

# Help from Friends

拍数: 32      墙数: 4      级数: Beginner / Improver  
编舞者: Katie Blakely (UK) - April 2025  
音乐: Dancin' In The Country - Tyler Hubbard  
或: Nice To Meet You - Myles Smith



\*\*\* And friends at a charity fundraiser!

Choreographed to fundraise for Mind – [www.justgiving.com/page/ladiesinthelakes](http://www.justgiving.com/page/ladiesinthelakes)  
Thank you to everyone who had input to this; it was lots of fun to do with you!

Choreographed to 2 music options:

'Dancin' in the Country' by Tyler Hubbard

#16 count intro, start on lyrics.

OR

'Nice to Meet You' by Myles Smith ft. Lainey Wilson

Begin 4 counts from start of track on "Lonely...". For this music, add the TAG at the end of wall 4.

## Sec 1 Grapevine R, touch, sway L, R, L, R

1-2-3-4      Step R to R side, step L behind R, step R to R side, touch L next to R

5-6-7-8      Step L to left side as hips sway L, sway hips R, sway hips L, sway hips R

## Sec 2 Step ½ turn, step ½ turn, grapevine L

1-2-3-4      Step forward on R, turn half turn over R shoulder, step forward on R, turn half turn over R shoulder

5-6-7-8      Step L to L side, step R behind L, step L to L side, step R in place

## Sec 3 Heel switch x3, hold, toe switches x3, hold, double clap

1&2&3, 4      Dig L heel forward, step R in place, dig L heel forward, step L in place, dig R heel forward, hold and double clap hands

5&6&7, 8      Point R toes to R side, step in place, point L toes to L side, point R toes to R side, hold and double clap hands

## Sec 4 Back rock side shuffle, back rock, quarter touch

1-2      Rock R foot back, recover on L

3&4      Step R to R side, step L next to R, step R to R side

5-6      Rock L foot back, recover on R

7-8      Step L foot back turning ¼ turn to the R, touch R in place

TAG for 2nd music option. End of wall 4.

## Rocking chair

1-2      rock forward on R, recover on L

3-4      rock back on R, recover on L