

I Can Help

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Peggy Robinson (USA) - May 2025
音乐: I Can Help - Billy Swan



INTRO: 32 counts approx. 19 sec

*****3 RESTARTS after 32 counts—AFTER PIVOT 1/2 TURN LEFT**

WALL 3 starts (6:00) RESTART facing (9:00)

WALL 6 starts (6:00) RESTART facing (9:00)

WALL 6 starts (9:00) RESTART facing (12:00)

S1 (1-8) LINDY; 2 KICK, BALL, CHANGE

1&2 3,4 R step Right side (1), L step together (&), R step Right side (2); L behind rock (3), R recover (4),
5&6 L forward kick (5), L step on ball of Left foot (&), R step together (6), 7&8 L forward kick (5), L step on ball of Left foot (&), R step together (6),

S2 (9-16) LINDY; SIDE; HING 3/4 L TURN; FORWARD 1/4 L TURN, 1/2 L TURN, , FORWARD

1&2 3,4 L step Left side (1), Right step together (&), L step Left side (2), R behind rock (3), L recover (4).
5-8 R step Right side (5), L back with 1/4 Left turn [9:00] (6), R step forward making 1/2 Left turn [3:00] (7), L forward (8)

S3 (17-24) KICK, STEP, POINT, TOE BEHIND, UNWIND 1/2 L TURN, 2 TOE STRUTS

1&2 R kick forward (1), R step together (&) L point to Left side (2),
3,4 L toe behind Right (3), Unwind 1/2 Left turn-(weight on L) (4), [9:00]
5,6 R toe forward (5), R heel down (6),
7,8 L toe forward (7), L heel down (8)

S4 (25-32) TOE TAPS; 2 SAILOR; PIVOT 1/2 L TURN

1,2 R toe forward tap (1), R toe tap Right side (2),
3&4 Cross R behind Left (3), L step to Left side (&), R step to Right side (4),
5&6 Cross L behind Right (5), R step to Right side (&), L step to Left side (6), 7,8 R forward step (7), Pivot 1/2 Left turn-(weight on L) (8), [3:00] ***3 RESTARTS

S5 (33-40) DIAGONL STEP, LOCK; DIAGONL STEP SHUFFLES—2 SETS

1,2 R diagonal forward step (1), L step lock behind Right (2),
3&4 R diagonal forward step (3), L step together Right (&), R diagonal forward step (4),
5,6 L diagonal forward step (5), R step lock behind Left (6),
7&8 L diagonal forward step (7), R step together Left (&), L diagonal forward step (8)

S6 (41-48) POINT OUT, IN, OUT, FLICK; PIVOT 1/2 L TURN

1-4 R toe touch out (1), R toe touch in (2), R toe touch out (3), R flick behind Left (4),
(option-slap R foot with Left hand as you FLICK)
5,6 R step forward (5), Pivot 1/2 Left turn-(weight on Left) (6), [9:00] 7,8 R step forward (7), L step forward (8)

REPEAT AND ENJOY THE DANCE!!!