

# A Little Help

拍数: 32      墙数: 4      级数: Intermediate mixed rhythm  
编舞者: Jezza (UK)  
音乐: With A Little Help From My Friends - Sam & Mark



## STEP RIGHT SLIDE LEFT, BEHIND SIDE CROSS, SIDE ROCK CROSS HOLD

1-2            Large step right to right side, slide left nearly up to right  
3&4           Cross left behind right, step right to right, cross left over right  
5-6           Rock right to right side, recover weight on left  
7-8           Cross right over left, hold

## LARGE STEP BACK LEFT, SLIDE RIGHT BACK, RIGHT COASTER, TOE SWITCHES, HOLD

1-2            Large step back on left, slide right nearly up to left  
3&4           Step back on right, step left next to right, step forward on right  
5&6           Touch left toe forward, step left next to right, touch right toe forward  
&7-8          Step right next to left, touch left toe forward, hold,

## PIVOT ½ TURN LEFT, ROCK BACK RECOVER, SHUFFLE FORWARD, ROCK FORWARD RECOVER

&1-2          Bring left next to right, step forward on right, pivot ½ turn left  
3-4           Rock back on left, recover weight on right  
5&6           Shuffle forward left, right, left  
7-8           Rock forward on right, recover weight on left

## ¾ TRIPLE TURN RIGHT, SWAY LEFT RIGHT, SHUFFLE ¼ TURN, ¾ TURN LEFT

1&2           Triple ¾ turn right, stepping right left right (facing 3:00)  
3-4           Sway left then right hitching left knee  
5&6           Shuffle ¼ turn left, left, right, left  
7-8           Step forward on right, (transferring weight on left) turn ¾ left, (facing 3:00)

**REPEAT**

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