

Help!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Adriano Castagnoli (IT) - May 2010
音乐: Sassafras Grap - Lee Kernaghan



Or "Aaron Watson" – Heaven Help The Heart

SWIVEL RIGHT, HOOK, STEP, HOOK, ROCK BACK, STOMP

- 1-2 Swivel Right to Right Side (Toe – Heel)
- 3-4 Hook Right Over Left And Slap Left On Right Heel, Step Right Forward
- 5-6 Hook Left Behind Right, Jumping Rock Back Left
- 7-8 Return To Right, Stomp Left

FLICK UP, STOMP, HOOK & TURN ¼ TO LEFT, STOMP, HEEL SPLIT, PIVOT ¾ LEFT

- 1-2 Flick Up Left Behind To Left Side, Stomp Left
- 3-4 Hook Left Over Right And Turn ¼ To Left, Stomp Left Forward
- 5-6 Swivel Both Heels Out, Swivel Both Heels To Centre
- 7-8 Step Forward Right, Pivot ¾ Turn Left

GRAPEVINE RIGHT ¼ TURN, HOLD, PIVOT ½ RIGHT, STEP, SCUFF

- 1-2 Step Right To Right Side, Cross Left Behind Right
- 3-4 Step Right Forward ¼ Turn, Hold
- 5-6 Step Left Forward, Pivot ½ Turn Right Weight Ends On Right
- 7-8 Step Left Forward Diagonally To Left, Scuff Right Beside Left

JUMPING JAZZ BOX ¼ TURN RIGHT AND TOE, PENDULUM LEFT, KICK, STOMP

- 1-2 Jumping Cross Right Over Left, Step Left To Place And Kick Right Forward
- 3-4 Turning ¼ To Right Jump Forward With Step Right, Touch Left Toe Behind Right
- 5-6 Up Heel Left Back Diagonally To Left, Hook Left Over Right
- 7-8 Kick Left Forward, Stomp Left

TWIST TO LEFT, STOMP, KICK, HOOK, KICK, STOMP

- 1-2-3 With Weight On Balls Of Feet move Heels-Toes-Heels To Left Side
- 4-5-6 Stomp Right, Kick Right Forward, Hook Right Over Left
- 7-8 Kick Right Forward, Stomp Right

KICK BACK, STOMP, TURN ¼ RIGHT AND KICK, STOMP, ROCK BACK, HITCH AND SLAP, STOMP

- 1-2 Kick Right Back, Stomp Right
- 3-4 ¼ Turn Right (Weight To Left) And Kick Right Forward, Stomp Right
- 5-6 Rock Back Right, Return To Left
- 7-8 Hitch Right Knee Up And Slap Right On Knee, Stomp Right Forward

SWIVEL HEELS, ½ TURN LEFT, HOLD, COASTER STEP LEFT, SCUFF

- 1-2 Swivel Both Heels To Right, Return To Place
- 3-4 Swivel Both Heels To Right Turning ½ Left, Hold
- 5-6 Step Left Back, Step Right Beside Left
- 7-8 Step Left Forward, Scuff Right Beside Left

LOCK FORWARD RIGHT, TOE, ROCK BACK LEFT, STOMP (TWICE)

- 1-2 Step Right Forward, Lock Left Behind Right
- 3-4 Step Right Forward, Touch Left Toe Behind Right
- 5-6 Rock Back Left, Return To Right

7-8

Stomp Left (Twice)

REPEAT

RESTART:

Music by Lee Kernaghan - After 32 count of the 3rd and 4th wall restart the dance again

Music by Aaron Watson – After 32 count of the 3rd restart the dance again
