

We Had Some Help (P)

拍數: 32 牆數: 0 級數: Intermediate - Partner
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音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



(No Tags! No Restarts!)

[START] 32-COUNT INTRO (DANCE BEGINS ON LYRICS), SWEETHEART (CAPE) POSITION, FACING FLOD,
LIKE FOOTWORK (except where noted)

[1-8] STEP FORWARD, LOCK BEHIND, STEP FORWARD, SCUFF/SWEEP, STEP FORWARD, LOCK BEHIND, STEP FORWARD, SCUFF/SWEEP

1,2 Step R forward (1), Lock L behind R (2)
3,4 Step R forward (3), Scuff L heel while sweeping L back to front (4)
5,6 Step L forward (5), Lock R behind L (6)
7,8 Step L forward (7), Scuff R heel while sweeping R back to front (8)

[9-16] JAZZ BOX 1/2 TURN, MAN: CROSS BEHIND / WOMAN: STEP SIDE, STEP 1/4 TURN BACK (FACING PARTNER), STEP BACK, TOUCH

1,2 Cross R over L (1), Step L 1/4 turn back over R shoulder (facing OLOD) (2)
3,4 Step R 1/4 turn forward over R shoulder (facing RLOD) (3), Step L slightly forward (4)
5,6 Man: Cross R behind L (5), Step L 1/4 turn back over R shoulder (facing ILOD) (6)
Woman: Step R to R side (5), Step L 1/4 back over L shoulder (facing OLOD) (6)
7,8 Step R back (7), Touch L toe next to R (8)

[HANDS]: On counts 5-6, both hands remain connected, as man brings woman's R hand over her head ending with both arms crossed in front (R arms crossed over L).

[17-24]

MAN: STEP SIDE, STEP 1/8 TURN FORWARD, STEP 1/8 TURN FORWARD, STEP FORWARD
WOMAN: STEP 1/4 TURN FORWARD, STEP 1/4 TURN BACK, STEP 1/2 TURN FORWARD, STEP 1/4 TURN FORWARD

BOTH MAN & WOMAN: STEP FORWARD, STEP TOGETHER, STEP FORWARD, TOUCH

1,2 Man: Step L to L side (1), Step R 1/8 turn forward over R shoulder (2)
Woman: Step L 1/4 turn forward over L shoulder (facing LOD) (1), Step R 1/4 turn back over L shoulder (facing ILOD) (2)
3,4 Man: Step L 1/8 turn forward over R shoulder (facing LOD) (3), Step R forward (4)
Woman: Step L 1/2 turn forward over L shoulder (facing OLOD) (3), Step R 1/4 turn forward over L shoulder (facing LOD) (4)
5,6 Step forward L (5), Step R next to L (6)
7,8 Step forward L (7), Touch R toe next to L (8)

[HANDS]: On count 1, both man & woman release L hands, as man brings woman's R hand over her head for counts 2-4, reconnecting R hands on count 5 in sweetheart (cape) position facing FLOD.

[25-32] STEP 1/4 TURN SIDE, BRUSH, CROSS-ROCK, RECOVER, STEP 1/4 TURN FORWARD, HOLD, WALK, WALK (OPTIONAL: 1/2 TURNS (X2) FOR WOMAN WHILE MAN WALKS)

1,2 Step R 1/4 turn to R side over R shoulder (facing OLOD) (1), Brush L heel (2)
3,4 Cross L over R (3), Recover weight back on R (4)
5,6 Step L 1/4 turn forward (facing LOD) (5), Hold (6)
7,8 Walk R forward (7), Walk L forward (8)

[OPTIONAL TURNS FOR WOMAN]: Step R 1/2 turn back over L shoulder (7), Step L 1/2 turn forward over L shoulder (8)

[OPTIONAL HANDS]: On count 6, both man & woman release L hands, as man brings woman's R hand over her head on count 7, reconnecting R hands on count 8 in sweetheart (cape) position.

[REPEAT PATTERN & ENJOY!]

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