

Tuhan Tolong Aku (God Please Help Me)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Dian Rose (INA) - July 2025
音樂: Merindu Lagi - Mesa Hira & Yovie Widiyanto



S1. DOROTHY STEP - BASIC CHA CHA

1-2& Step R Fwd into R Diagonal (1), Lock L behind R (2), Step R Fed into R Diagonal (&)
3-4& Step L Fwd into L diagonal (3), Lock R behind L (4), Step L Fwd into L diagonal (&)
5,6 Rock R Fwd (5), Recover on L (6)
7&8 Step R back (7), Step L beside R (&), Step R back (8)

S2. BACK - RECOVER - FWD SHUFFLE - PIVOT 1/4L - CROSS SHUFFLE

1,2 Rock L back (1), Recover on R (2)
3&4 Step L Fwd (3), Step R beside L (&), Step L Fwd (4)
5,6 Step R Fwd (5), 1/4 Turn L weight on L (6) (09:00)
7&8 Cross R Over L (7), Step L beside R (&), Cross R Over L (8)

S3. 1/4 "TOE-GRID" - COASTER STEP - KICK BALL CHANGE X2

1 Touch L Toe slightly out to L side as you turn L knee in (1)
2 Take weight into ball of R as you make 1/4L turn L knee out (6:00)
3&4 Step L back (3), Step R together (&), Step L Fwd (4)
5&6 Kick R Fwd (5), Step R in place (&), Recover onto L (6)
7&8 Repeat 5&6

S4. PIVOT 1/2 TURN L - PIVOT 1/4 TURN L, JAZZ BOX WITH SIDE DRAG

1,2 Step R Fwd (1), Pivot 1/2 Turn L taking weight on L (2)
3,4 Step L Fwd (3), Pivot 1/4 Turn L, taking weight on L (4)
5,6 Cross R Over L (5), Step L back (6)
7,8 Big Step R to R side (7), Drag and Close L beside R (8)

TAG

ROCKING CHAIR (4 Count)

After Wall 3 (03:00)

After Wall 5 (09:00)

After Wall 7 (03:00)

1-4 Step R Fwd (1), Recover on L (2), Step R back (3), Recover on L (4)

Enjoy The Dance □□□□

Email: dianrose_75@yahoo.com or
tehbiancooking@gmail.com

Last Update: 7 Jul 2025