

# A Helping Hand

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Alan Birchall (UK)  
音樂: Children Need A Helping Hand



Written For The L.D.T.A. Charity Dance Jan 2001 In Aid Of The Rainbow Trust

## VINE RIGHT, SCUFF, VINE LEFT, SCUFF (HOLDING HANDS)

- 1-2      Step right to right, cross left behind right
- 3-4      Step right to right, scuff left (or touch) by right
- 5-6      Step left to left, cross right behind left
- 7-8      Step left to left, scuff right by left

## CROSS ROCK, RECOVER, ½ SHUFFLE TURN RIGHT, CROSS ROCK, RECOVER, ½ SHUFFLE TURN LEFT

- 9-10      Rock right over left, recover on left
- 11&12      Make ½ shuffle turn right stepping right, left, right
- 13-14      Rock left over right, recover on right
- 15&16      Make ½ shuffle turn left stepping left right left

## STEP, ½ PIVOT, STEP ¼ PIVOT, VINE RIGHT, SCUFF

- 17-18      Step forward on right, make ½ pivot left
- 19-20      Step forward on right, make ¼ pivot left
- 21-22      Step right to right, cross left behind right
- 23-24      Step right to right, scuff left (or touch) by right

## VINE LEFT, SCUFF, SHUFFLE FORWARD RIGHT & LEFT (HOLDING HANDS)

- 25-26      Step left to left, cross right behind left
- 27-28      Step left to left, scuff right by left
- 29&30      Step forward on right, step left by right, step forward on right
- 31&32      Step forward on left, step right by left, step forward on left

## ROCK FORWARD, RECOVER, SHUFFLE BACK RIGHT & LEFT, ROCK BACK RECOVER (HOLDING HANDS)

- 33-34      Rock forward on right, recover on left
- 35&36      Step back on right, step left by right, step back on right
- 37&38      Step back on left, step right by left, step back on left
- 39-40      Rock back on right, recover on left

## HEEL SWITCH'S WITH ¼ TURNS & CLICKS

- 41&      Step right heel forward, step right in place
- 42&      Touch left heel forward, step left in place
- 43-44      Step forward on right, make ¼ turn to left (click fingers)
- 45&      Step right heel forward, step right in place
- 46&      Touch left heel forward, step left in place
- 47-48      Step forward on right, make ¼ turn to left (click fingers)

## SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE, ROCK RECOVER

- 49&50      Step right to right, step left by right, step right to right
- 51-52      Rock back on left, recover on right
- 53&54      Step left to left, step right by left, step left to left
- 55-56      Rock back on right recover on left

## **STEP, CROSS KICKS WITH CLAPS**

57-58	Step right to right, kick left over right (clap hands)
59-60	Step left to left, kick right over left (clap hands)
61-62	Step right to right, kick left over right (clap hands)
63-64	Step left to left, kick right over left (clap hands)

**REPEAT**

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