

Heaven Help Me

Choreographer: Elizabeth Bocci (NSW) & Cathy Breed (Qld) Australia, July 2017

BPM:131

Song: Heaven Help Me **Track:** 3.21 **Artist:** Rob Thomas

Album: The Great Unknown (Available on iTunes)

Dance: 64 Count, 2 Wall Intermediate Line Dance, 2 Restarts

Intro: 32 Counts, weight on left – Start on word ‘Stars’

1 – 8	FORWARD, ROCK, BACK, HOLD, SHUFFLE BACK, BACK, ROCK	
1-2-3-4	Step R forward, Rock/Recover onto L, Step back onto R, Hold	
5&6	Step L back, Step R beside L, Step L back (shuffle)	
7-8	Step R back, Rock/Recover onto L	12
9 – 16	KICK, BALL, CHANGE, STEP, PADDLE, WEAVE ¼	
1&2	Kick R Forward, Step R beside L, Step L beside R	
3-4	Step R Forward, Turn ¼ left step L to left (paddle)	
5-6-7-8	Step R over left, Step L to left, Step R behind left, Turn ¼ left step L forward	6
17 – 24	STEP, PIVOT, SHUFFLE FORWARD, ½, ½, ¼, SHUFFLE	
1-2	Step R forward, Turn ½ left step L forward	
3&4	Step R forward, Step L beside right, Step R forward (shuffle)	
5-6	Turn ½ right step L back, Turn ½ right step R forward	
7&8	Turn ¼ right step L to left, Step R beside left, Step L to left (side shuffle)	3
25 – 32	SAILOR, SAILOR, TOUCH, TOUCH, HEEL, HEEL	
1&2	Step R behind left, Step L to left, Step R to right (sailor)	
3&4	Step L behind right, Step R to right, Step L to left (sailor)	
5&6&	Touch R to right, Step right beside L, Touch L to left, Step left beside R	
7&8&	Touch R heel forward, Step right beside L, Touch L heel forward, Step left beside R	3
33 – 40	FORWARD, ROCK, ½, ½, COASTER, WALK, WALK	
1-2	Step R forward, Rock/Recover onto L	
3-4	Turn ½ right step R forward, Turn ½ right step L back	
5&6	Step R back, Step L beside right, Step R forward (coaster)	
7-8	Step L forward, Step R forward	3
41 – 48	SIDE, BEHIND, SIDE, CROSS SHUFFLE, CROSS, HOLD, TWIST ¼, TWIST ¼	
1-2&	Step L to left, Step R behind left, Step L to left	
3&4	Step R across left, Step L to left, Step R across left (cross shuffle)	
&5-6	Step L to left, Step R across left, Hold	
7-8	Twist ¼ left weight on L, Twist ¼ right weight on R	3
49 – 57	FORWARD, ROCK, ½ TURN, SHUFFLE, PADDLE, CROSS SAMBA	
1-2	Step L forward, Rock/Recover onto R	
3&4	Turn ½ left step L forward, Step R beside left, Step L forward (shuffle)	
5-6	Step forward R, Turn ¼ left step L to left (paddle)	
7&8	Step R across L, Step L to left, Step R to right (samba cross)	6
58 – 64	CROSS, TOUCH, CROSS, TOUCH, FORWARD, ROCK, FULL TURN TRIPLE	
1-2	Step L across right, Touch R to right	
3-4	Step R across left, Touch L to left	
5-6	Step L forward, Rock/Recover onto R	
7&8	Turn ½ left step L beside right, Step R beside left, Turn ½ left step L slightly forward (optional coaster)	6

Tag/Restarts: On wall 2 & 6 dance to count 30& then Step forward R, Turn ¼ left step L to left (paddle) then restart dance

Free to be copied provided no changes are made to the original choreography.

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