



LET ME HELP

Choreographed by **Wanda Heldt** - Perth W.A - March 2016

Music: **I Can Help** by The Bellamy Brothers

Alternate: **Boogie Fever** by The Sylvers

Directions:- 32 Count - 2 wall - Beginner Line dance. No Tags or Restarts

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Choreographed for Senior's & newcomers to keep them active in body & mind - keeping them on the dance floor - Having FUN.

Split floor: Stop Looking At My Eyes! & Quit You Cha No Tags or restarts

1. WALK FORWARD R.L.R. POINT, WALK BACK L.R. 1/4 TURN L. POINT
1-4 Walk forward R.L.R. Point left to Left side.
5-8 Walk back L.R. Turn a 1/4 Left stepping on Left [Lean body to Left] Point Right to side. [9:00]

2. RIGHT VINE, LEFT VINE [or ROLLING VINE R & L]
1-4 Step Right, Step Left behind Right, Step Right, Touch next to Right.
5-8 Step Left, Step Right behind Left, Left Step Left, Touch Right next to Left.

3. FORWARD, TAP, BACK, TAP, FORWARD, TAP, BACK, TOUCH
1-2 Step forward on Right, Tap Left toe behind Right.
3-4 Step back on Left, Tap Right toe across Left.
5-6 Step forward on Right, Tap Left toe behind Right.
7-8 Step back on Left, Touch Right toe next to Left.

4. 2 x 1/8 PADDLE TURN LEFT, DOUBLE HIP BUMPS R & L.
1-2 Step forward on Right turn 1/8 turn Left, Recover on Left. [Rolls hips as you turning]
3-4 Step forward on Right turn 1/8 turn Left, Recover on Left [6:00] [Wt. stays on Left]
5-6 Step forward on Right [body to L.diag] bump Right hip twice.
7-8 Recover on Left bump Left hip twice.

Restart HAVE FUN IN LIFE & IN DANCE.