



## 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

E-Mail:- [silverstarwa@gmail.com](mailto:silverstarwa@gmail.com) - [0403 536 163](tel:0403536163)

*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.