

# HELP YOURSELF

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Phil Dennington

**Music:** Help Yourself by Tom Jones

## MODIFIED RUMBA BOX

- 1& Step right to right side, step left beside right
- 2 Step forward right
- 3& Step left to left side, step right beside left
- 4 Step forward left

## FORWARD ROCK, BACK LOCK STEP

- 1&2 Rock forward right, rock left in place, step back right
- 3&4 Step back left, cross step right over left, step back left

## RIGHT BACK COASTER, FORWARD LOCK STEP

- 5&6 Step back right, step left beside right, step forward right
- 7&8 Step forward left, lock right behind left, step forward left

**Option: forward left shuffle**

## ROCK & CROSS, COASTER TURNING $\frac{1}{4}$ RIGHT

- 1&2 Rock right to right, rock left in place, cross step right over left
- 3& Turning  $\frac{1}{4}$  right, step back left, step right beside left
- 4 Step forward left

## WALKS FORWARD, ROCK & CROSS, COASTER $\frac{1}{4}$ TURN, WALKS FORWARD

- 1-2 Walking forward, step right, step left(sway body right, left)
- 3&4 Rock right to right, rock left in place, cross step right over left
- 5& Turning  $\frac{1}{4}$  right step back left, step right beside left
- 6 Step forward left
- 7-8 Walking forward step right, step left(sway body right, left)

## ROCK & CROSS, $\frac{3}{4}$ TURN RIGHT, RIGHT MAMBO, LEFT MAMBO

- 1&2** Rock right to right, rock left in place, cross step right over left
- 3&4** Turning  $\frac{1}{4}$  right, step back left, turning  $\frac{1}{2}$  right, step forward right, step left beside right
- 5&6** Rock right to right, rock left in place, step right beside left
- 7&8** Rock left to left, rock right in place, step left beside right

**REPEAT**

**RESTART**

**At the end of walls 3, 4, 5, and 7, restart dance on step 24 after walks forward**

**TAG**

**At the end of wall 6, hold for 4 counts & do your thing. After this, dance through to end.**