

# I Can Help

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Maite Alemany - May 2015

**Music:** "I Can Help You" by Shane Yellowbird

## **LONG STEP, SLIDE, ROCK STEP, STEP-TOUCH x 2**

1- Step long right to the right

2- Slide left to beside the right

**3-(Rock) Cross left behind the right, putting your weight onto it**

**4-(Step) Recover your weight to the right**

5- Step left to the left

6- Touch right beside the left

7- Step right to the right

8- Touch left beside the right

## **¼ TURN STEP, HOOK, STEP, LOCK, SHUFFLE, ROCK STEP**

9- Step left to the left, turning ¼ turn to the right at the same time

**10-(Hook) Touch left shin with the right heel**

11- Step right forward

**12-(Lock) Step left beside the right by the right side**

13- Step right forward

&- Step left beside the right

14- Step right forward

**15-(Rock) Step left forward, putting your weight onto it**

**16-(Step) Recover your weight onto the left**

## **RESTART- AT WALL 9, (12.00)**

## **SHUFFLE, TOE- ¼ TURN STRUT x 2, ROCK STEP**

17- Step left back

- &- Step right in front of the left
- 18- Step left back
- 19- Touch right toe back
- 20- Lower the right heel turning  $\frac{1}{2}$  turn to the right at the same time
- 21- Touch left toe forward
- 22- Lower the left hell turning  $\frac{1}{2}$  turn to the right at the same time

**23-(Rock) Step right back, putting your weight onto it**

**24-(Step) Recover your weight onto the left**

**TOE-CROSS x 3, HALF TWIST TURN, HOLD**

- 25- Touch right toe to the right
- 26- Cross right over the left
- 27- Touch left toe to the left
- 28- Cross left over the right
- 29- Touch right toe to the right
- 30- Cross right over the left
- 31- Twist  $\frac{1}{2}$  turn to the left
- 32- Hold

**RESTART- AT WALL 9, (12.00)**

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