

No Help

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Arnold Hamdan - d'ULD Yogyakarta - December 2018

Music: No Help by INNA

Start : After 16 Count

Forward Swift Recover, Coaster Step, 1/4 pivot turn Left, Cross Shuffle

1, 2, 3: Forward R, Swift L forward, Recover R

4 & 5: Back L, close together R, Forward L

6, 7: Forward R, Turn 1/4 Left

8 & 1: Cross R over L, L to Left side, Cross R over L

Samba Step, Forward Mambo, Back Mambo

2 & 3: Step L to Left side, Cross R behind L, recover L

4 & 5: Step R to Right side, Cross L behind R, recover R

6 & 7: Forward L, Recover R, Step L Back

8 &: Step R back, Recover L,

Diamond

1 & 2: Step R Forward, L to Left side, 1/8 R back

3 & 4: Step L back, 1/8 R to Right side, 1/8 Forward L

5 & 6: Step R Forward, 1/8 L to Left side, 1/8 R back

7 & 8: Step L back, 1/8 R to Right side, Step L Forward

Step Forward, Recover Close together, Step Forward, Recover Close together, Sway option Body Roll, Back Recover

1, 2 & 3: Step R Forward, Recover L, Close together R, Step L Forward

4 & 5, 6: Recover R, Close Together L, Step R forward, Recover L (Sway option Body Roll)

7, 8: Step R back, Recover L

Tag & Restart on Wall 8 :

Jazz Box

1,2,3,4: Step R Cross over L, Step L Back, R to Right side, Foward L