

A Cry For Help

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Count: 72

Wall: 4

Level: Improver / Intermediate

Choreographer: Eddie Morrison (Scotland) February 2019

Music: Are You Coming Over by Beccy Cole

#16 Count Intro

Section 1: Side together, side together forward, side together, side together 1/4 turn.

- 1-2 Step right to the side, step left beside right.
- 3&4 Step right to the side, step left beside right, step right forward.
- 5-6 Step left to the side, step right beside left.
- 7&8 Step left to the side, step right beside left, step left 1/4 turn.

Section 2: Step 1/4 turn, cross & cross, side rock recover, behind side step.

- 1-2 Step right forward, pivot 1/4 turn left.
- 3&4 Cross right over left, step left to the side, cross right over left.
- 5-6 Rock left to the side, recover on right.
- 7&8 Cross left behind right, step right to the side, step forward on left.

Section 3: Right rock recover shuffle 1/2 turn, left rock recover shuffle 1/2 turn.

- 1-2 Rock forward on right, recover on left.
- 3&4 Shuffle 1/2 turn right stepping RLR
- 5-6 Rock forward on left, recover on right.
- 7&8 Shuffle 1/2 turn left stepping LRL.

Section 4: Jazz box 1/4 turn right, rock forward & back.

- 1-2 Cross right over left, step back on left.
- 3-4 Step right to the side making a 1/4 turn right, step forward on left.
- 5-6 Rock forward on right, recover on left.

7-8 Rock back on right, recover on left.

Section 5: Rock recover & rock recover, shuffle back, rock back recover.

1-2& Rock forward on right, recover on left, step right beside left.

3-4 Rock forward on left, recover on right.

5&6 Step back on left, step right beside left, step back on left.

7-8 Rock back on right recover on left. (Tag/Restart Wall 4) 12.00

Section 6: Right toe strut, left toe strut, right kick ball change, right toe strut.

1-2 Step right toe forward, step down on right heel.

3-4 Step left toe forward, step down on left heel.

5&6 Kick forward on right, step down on right, step left beside right. (Tag/Restart Wall 5) 9.00

7-8 Step right toe forward, step down on right heel.

Section 7: Left toe strut, right toe strut, left kick ball change, left toe strut.

1-2 Step left toe forward, step down on left heel.

3-4 Step right toe forward, step down on right heel.

5&6 Kick forward on left, step down on left, step right beside left.

7-8 Step left toe forward, step down on left heel.

Section 8: Right rock recover, shuffle 1/2 turn, shuffle 1/4 turn, rock back recover.

1-2 Rock forward on right, recover on left.

3&4 Make a 1/2 turn shuffle stepping RLR.

5&6 Make a 1/4 turn shuffle stepping LRL.

7-8 Rock back on right, recover on left.

Section 9: Monterey 1/4 turn, jazz box.

- 1-2** Point right to the side, step right beside left.
- 3-4** Make 1/4 turn right pointing left to the side, step left beside right.
- 5-6** Cross right over left, step back on left.
- 7-8** Step right to the side, step left beside right.

Tag /Restart: Wall 4 Repeat section 5 then restart. (12.00)

**Tag /Restart: Wall 5 Section 6 add right touch after counts 5&6, then restart (9.00)
(Right kick ball change touch)**

**Ending: On the last wall dance to the end of section 7 then right rock 1/2 turn to face
12.00**

Note: On the last wall the music stops briefly, carry on dancing through.