

A Little Help From My Friends

LINEDANCE.COM

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Rob Williams (USA) - October 2025

INTRO: 8 counts

There are no tags and one easy restart.

Sec 1: HEEL STRUTS, ROCKING CHAIR

1-2 Touch R heel fwd, Drop R toe as you put weight onto R foot

3-4 Touch L heel fwd, Drop L toe as you put weight onto L foot

5-8 Rock R fwd, Recover on L, Rock R back, Recover on L

Sec 2: WALK x 3, KICK, BACK x 3, TOUCH

1-4 Walk fwd stepping R, L, R, Kick L fwd

5-8 Walk back stepping L, R, L, Touch R next to L

Sec 3: ¼ RIGHT MONTERREY TURN, MODIFIED LEFT JAZZ BOX

1-2 Point R to right side. Turn 1/4 right stepping R next to L

3-4 Point L to left side. Touch L next to R

5-8 Point L to left, Step L across R, Step R back, Step L to L

Sec 4: CHARLESTON x 2

1-4 Step R fwd, Kick L fwd, Step L back, Touch R back

5-8 Step R fwd, Kick L fwd, Step L back, Touch R back

[REPEAT SECTIONS 1-4]

RESTART: On Wall 5, dance 31 counts (skipping only the last step of the 2nd Charleston) then restart (with heel struts), facing 3:00.

Note: The outro repeats the lyrics "my friends" several times during the final Wall 10. You may choose to fade out the track or simply dance Wall 10 as written.

Hope you have fun!

Last Update: 17 Oct 2025

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=202930