

# I'll Help You Make It Through The Night

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Improver / Intermediate Cha Cha style

**Choreographer:** Peter Davenport ES, December 2018

**Music:** Help Me Make It Through The Night, - Michael Buble with Loren Allred

**#16 Count Introduction, Aprox 15 Seconds, Track Length 3.44**

**Start Just Before You Hear Him Sing 'Your Hair', (Timing Bit Tricky)**

**S1: Step Rock Replace, 1/4 Shuffle R, Rock Replace, Tripple Full Turn**

**1.2.3 Step L to L, Rock R over L, Recover on L 12**

**4&5**      Shuffle 1/4 R, R.L.R 3

**6.7 Rock forward on L, Recover on R 3**

**8&1**      Tripple full turn L, L.R.L (weight on L) 3

**Alternative Step; L Coaster Step**

**S2: 1/4 Side Rock, Behind Side Cross, 1/4 Step Together, Lock Step**

**2.3 1/4 L rock R out to R, Recover on L 12**

**4&5**      Cross R behind L, Step L to L, Cross R over L 12

**6.7 1/4 L step forward on L, Bring R to L (weight on R) 9**

**8&1**      Back lockstep, L.R.L 9

**S3: 1/2 Turn Shuffle, Mambo Step, Modified Coaster Step, Run**

**2&3 R 1/2 turn shuffle, R.L.R 3**

**4&5 L mambo step, rock forward L, Recover R, Step back L 3**

**6&7&**      Step R back, Bring L to R, Step R forward, Run Forward L 3

**8&1**      Run Forward R.L Rock forward on R 3

**S4: Recover, 1/4 R Side , Cross Back Side, Cross 1/4 R, Side Touch**

**2.3 Recover on L, 1/4 R step R to R 6**

**4&5** Cross L over R, Step R back, Step L to L 6

**6.7 Cross R over L, 1/4 R step back on L 9**

**8&** Step R to R, Touch L to R 9

**No Tags & No Restarts,**

**Not To Be Rushed Either Danced With Ease & Passion**

**Ta.**

**Contact: [peterdavenport1927@gmail.com](mailto:peterdavenport1927@gmail.com)**