

# Help Me Make It

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Sharon Brizon (UK) August 2015

**Music:** Help Me Make It Through the Night, by John Holt (Reggae Version) (iTunes)

**Intro: 8 Counts (count in 1&2, 3&4, 5&6, 7&8 - to come in on the word "hair")**

## **Section 1: Toe Taps, Coaster Step, Chasse L, Shuffle Fwd**

- 1&**            Tap right toe to right side. Tap right toe in.
- 2&**            Tap right toe to right side. Tap right toe in.
- 3&4**        Step back on right. Step left beside right. Step right forward.
- 5&6**        Step left to left side. Close right beside left. Step left to left side.
- 7&8**        Step forward on right. Close left beside right. Step forward on right.

## **Section 2: Toe Taps, Coaster, Chasse R, Shuffle ½ turn**

- 1&**            Tap left toe to left side. Tap left toe in.
- 2&**            Tap left toe to left side. Tap left toe in.
- 3&4**        Step back on left. Step right beside left. Step left forward.
- 5&6**        Step right to right side. Close left beside right. Step right to right side.
- 7&8**        Making a ½ turn left, Shuffle forward left-right-left. (6 o'clock)

## **Section 3: Monterey ¼ Turns x 2, Heel Switches x 2, Shuffle Fwd**

- 1&**            Tap right toe to right side. Making ¼ turn right, step right beside left.
- 2&**            Tap left toe to left side. Step left beside right.
- 3&**            Tap right to to right side. Making ¼ turn right, step right beside left.
- 4&**            Tap left toe to left side. Step left beside right.
- 5&**            Touch right heel forward. Step right foot in place.
- 6&**            Touch left heel forward. Step left foot in place.
- 7&8**        Shuffle forward right-left-right. (12 o'clock)

## **Section 4: Step ¼ Cross. Side Strut, Cross Strut. Long Step-Tog. Rocking Chair**

- 1&2**        Step left foot forward. Pivot ¼ turn right, weight on right. Step left across right.
- 3&**            Touch right toe to right side. Drop right heel down.

- 4&** Touch left toe across right. Drop left heel down.
- 5-6** Take a long step right to right. Step left beside right.
- 7&** Rock forward on right. Recover weight on left.
- 8&** Rock back on right. Recover weight on left.

**REPEAT**

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