

Help Is On It's Way

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Anne Herd & Brad White, Australia (September 2017) (Version 1)

Music: Help Is On It's Way by The Little River Band. CD: 3:30 iTunes

Intro: Start on lyrics counts in, weight on

S1: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2-3&4 Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L

5-6-7&8 Rock L to side, Recover to R, Cross L behind R, Step R to side, Cross L over R

S2: ROCK FWD. 1/4 R, 1/4 L, 2 X 1/4 PADDLE TURNS

1-2-3-4 Rock fwd. on R, Recover to L, Turning 1/4 R Rock onto R, Turning 1/4 L, Recover to L

5-6-7-8 Step fwd. on R, Turn 1/4 L, Take weight to L, Step fwd. on R, Turn 1/4 L, Take weight to L,

S3: SKATE, SKATE, SHUFFLE, SKATE, SKATE SHUFFLE

1-2-3&4 Skate fwd. R L, Shuffle fwd. RLR

5-6-7&8 Skate fwd. L R, Shuffle fwd. LRL

S4: 1/4 L, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1-2-3&4 Step fwd. on R, Turn 1/4 L taking weight to L, Cross shuffle R over L stepping R L R

5-6-7&8 Rock L to side, Recover to R, Cross shuffle L over R stepping L R L

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Restart: On wall 7 dance to count 24 and Restart.

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