

# Help Yourself

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner

**Choreographer:** Dave Powney (May 2013)

**Music:** Help Yourself by Tom Jones

## 16 Count Intro ( Start Just Before Lyric's ) 11 Seconds Approx

### SECTION 1: MODIFIED RUMBA BOX FWD,FWD MAMBO STEP,COASTER STEP

- 1&2**            Step R To R, Step L Next To R, Step R Fwd
- 3&4**            Step L To L, Step R Next To L, Step L Fwd
- 5&6**            Step R Fwd, Step L In Place, Step R Next To L
- 7&8**            Step L Back, Step R Next To L, Step L Fwd

### Restart Here Wall 5

### SECTION 2: R SHUFFLE, L SHUFFLE,JAZZ BOX

- 1&2**            Step R Fwd, Step L Next To R, Step R Fwd
- 3&4**            Step L Fwd, Step R Next To L, Step L Fwd
- 5,6,7,8**        Cross R Over L,Step Back L,Step R To R, Step L Next To R

### SECTION 3: 1/4 PIVOT, 1/4 PIVOT,HIP BUMPS,HIP BUMPS

- 1,2**            Step R Fwd, 1/4 Turn L( Weight On L )
- 3,4**            Step Fwd R, 1/4 Turn L( Weight On L )
- 5&6**            Step R Fwd, Bump Hips ( R & R )
- 7&8**            Step L Fwd, Bump Hips ( L & L )

### SECTION 4: CHASSE R,ROCK,CHASSE L ROCK

- 1&2**            Step R To R, Step L Next To R,Step R To R
- 3,4**            Rock Back L, Recover R
- 5&6**            Step L To L, Step R Next To L,Step L To L
- 7,8**            Rock Back R, Recover L

### END OF DANCE

### 1 Restart Wall 5 End Of Section 1

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