

Help Me Out

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kerry Maus - November 2017

Music: Help Me Out - Maroon 5 & Julia Michaels - Album: Red Pill Blues (3:14)

Intro: 16 cts

[1-8] BALL, SIDE, CROSS, BACK, DRAG, & CROSS & CROSS & CROSS, SIDE, ¼ TURN

&1,2,3,4&) Step R fwd, 1) Step L fwd, 2) cross R over L, 3) step L to back left diagonal, 4) Drag R heel back to L

&5&6&7&) Step R to right, 5) cross L over right, &) step R to right, 6) cross L over right

8&&) step R to right, 7) cross L over right, 8) Step R to right, &) make ¼ turn left, step L to left,

[9-16] POINT & POINT & POINT, HITCH, TOUCH, ROLL FWD & BACK

1&2&1) Point R to right, &) step R together, 2) point L to left &) Step L together

3&43) Point R to right, &) hitch R knee, 4) touch R toe fwd,

5,6,7,85-6) Roll body fwd to put weight on R, 7-8) Roll body back to put weight on L

[17-24] BALL, WALK, WALK, C-BUMP SWIVEL ½ TURN W/ HITCH, COASTER STEP, SIDE ROCK, RECOVER

&1,2&) Step ball of R beside L, 1) Step L fwd, 2) Step R fwd

3&43) bump hip left while making ¼ turn right, &) bump hip to right turning 1/8 right, 4) turn heels to left, turning 1/8 right & hitch R,

5&6,7,85) Step R back, &) step L beside R, 6) step R fwd, 7) rock L to left, 8) recover R

[25-32] BEHIND, SIDE, CROSS, ½ TURN PIVOT, KICK, BALL, STEP, WALK, WALK

1&21) Step L behind R, 2) step R to right, &) cross L over R,

3,43) Step R fwd, 4) pivot ½ turn left, weight to L,

5&65) low kick R fwd &) step R beside L 6) step L fwd,

7,87) Step R fwd, 8) step L fwd

(Tip: to make counts 5-8 more funky, stylize like a “Shorty George”:

5&65) low kick R fwd, &) step R beside L, 6) step L fwd, rolling knees together on both steps

7,87) step R fwd, step L fwd, Taking small steps, starting with knees bent and rolling together)

Have fun and DANCE HAPPY!

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=121552