

Help Me Make It (Through The Night)

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

Choreographer: Ira Weisburd (May, 2011)

Music: "Help Me Make It Through the Night" by Die Campbells. Album: Daar's Lets Innie Water 2004; Track 15.

Alt. Music: "Help Me Make It Through The Night by Rian Ungerer. Album: Timeless Hits 2010 by Rian Ungerer

Introduction: 8 counts. Start approximately 8 seconds into the song. Start on the word "Hair"

This #1 Country hit was written by songwriter and actor Kris Kristofferson in 1970.

PART I. SAMBA w/R, SAMBA w/L, CROSS ROCK, RECOVER, ½ TRIPLE TURN R

- 1&2** Step R across L, Step on ball of L to L, Recover w/ weight on R.
- 3&4** Step L across R, Step on ball of R to R, Recover w/ weight on L
- 5-6** Cross and Step with R over L, Recover w/ weight back onto L
- 7&8** Make ½ turn to R in 3 steps (R,L,R)

PART II. SAMBA w/L, SAMBA w/R, CROSS ROCK, RECOVER, ¼ TRIPLE TURN L

- 1&2** Step L across R, Step on ball of R to R, Recover w/ weight on L
- 3&4** Step R across L, Step on ball of L to L, Recover w/ weight on R
- 5-6** Cross and Step with L over R, Recover w/ weight back onto R
- 7&8** Make ¼ turn to L in 3 steps (L,R,L)

PART III. SAMBA w/R, SAMBA w/L, ROCK FORWARD, RECOVER, COASTER STEP.

- 1&2** Step R across L, Step on ball of L to L, Recover w/ weight on R.
- 3&4** Step L across R, Step on ball of R to R, Recover w/ weight on L
- 5-6** Step forward on R, Recover back on L
- 7&8** Step back w/ R, Step-close L to R, Step forward on R

PART IV. DIAMOND SHAPE FALL AWAY (3/4 TURN L)

- 1&2** Step forward on L turning 1/8 L, Step R to R, Step L Behind R
- 3&4** Step Back Diagonally w/ R to face next wall, Step L to L side, Cross R over L to face next corner
- 5&6** Step forward on L, Step R to R (making 1/8 turn L), Step back on L (making 1/8 turn L)
- 7-8** Step R to R, Step L to L (making 1/8 turn L, to face back wall)

BEGIN DANCE.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=82918