

# HELPING HAND

LINEDANCE.COM

**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Iris M. Mooney

**Music:** Goin' Down Geneva by Van Morrison

## KICK & POINT, KICK & POINT, KICK & POINT, LICK & POINT

- 1&2** Kick right foot forward, step right foot in place, point left foot to left side
- 3&4** Kick left foot forward, step left foot in place, point right foot to right side
- 5&6** Kick right foot forward, step right foot in place, point left foot to left side
- 7&8** Kick left foot forward, step left foot in place, point right foot to right side

## STEP TURN, STEP TURN, SHUFFLE ½ TURN

- 1-2** Small step forward right foot, pivot turn 1/8 left
- 3-4** Small step forward right foot, pivot turn 1/8 left
- 5-6** Rock forward right foot, rock back left foot
- 7&8** Turn right ½ right foot, left foot, right foot

## UP UP CLAP, UP UP CLAP, BACK & BACK & BACK & BACK

- &1-2** Small step together forward and clap (left foot, right foot)
- &3-4** Small step together forward and clap (left foot, right foot)
- &5** Step right toe/ball back, step left foot next to right foot
- &6** Step right toe/ball back, step left foot next to right foot
- &7** Step right toe/ball back, step left foot next to right foot
- &8** Step right toe/ball back, step left foot next to right foot

## SLIDE BEHIND, HEEL & CROSS & HEEL & CROSS, HEEL & CROSS, UNWIND & HOLD

- 1** Step right foot to right side
- 2** Step left foot behind of right foot
- 3** Touch right heel right diagonal
- &4** Step back on ball of right foot, cross left foot in front of right foot
- &5** Step right foot to right, touch left heel left diagonal
- &6** Step left foot back and cross right foot in front of left foot

**7-8** Unwind ½ turn left on balls of both feet, hold

**STEP RIGHT, HIP, HIP, HIP, HIP**

- 1** Step right foot wide to the right
- 2-4** Drag left toe to right, next to right foot
- 5-8** Drop heel, swing hips left, right, left, right

**STEP LEFT, HIP, HIP, HIP, HIP**

- 1** Step left foot wide to the left
- 2-4** Drag right toe to left next to left foot
- 5-8** Drop heel, swing hips right, left, right, left

**REPEAT**