

Count: 64 **Wall:** 2 **Level:** beginner/intermediate

Choreographer: Ed Lawton & Tina Argyle

Music: Help! by Little Texas

STEP LOCK STEP TWICE, ROCK & ROCK & ½ PIVOT STEP

- 1&2** Step forward on right, lock left behind right, step forward on right
- 3&4** Step forward on left, lock right behind left, step forward on left
- 5&6&** Step forward on right, rock back on left, step back on right, rock forward on left
- 7&8** Step forward on right, pivot a ½ turn left, step forward on right
- 9-16** Repeat counts 1-8 leading with left

SAILOR STEP TWICE, ½ PIVOT, WALK X4

- 1&2&** Step right behind left, step left to left, step right to right, step left behind right
- 3&4&** Step right to right, step left to left, step forward on right, pivot ½ turn left
- 5-8** Walk forward on right, left, right, left
- 9-16** Repeat counts 1-8

TOUCH X3, WEAVE, FULL TURN, SHUFFLE

- 1&2** Touch right toe to right side, touch right next to left, touch right toe to right side
- 3&4** Step right behind left, step left to left, step right over left
- 5-6** Make a full turn left on left, right
- 7&8** Side shuffle left on left, right, left

ROCK & ROCK & ROCK & STEP 114 TURN, 114 112 TURN, CROSS SHUFFLE

- 1&2&** Cross rock right over left, rock on to left, step right to right, rock on to left
- 3&4** Cross rock right over left, rock on to left, step right to right making a ¼ turn right
- 5-6** Make a ½ turn right stepping back on left, make a 114 turn right stepping right to right
- 7&8** Step left over right, step right to right step left over right

ROCK ½ TURN, MAMBO, STEP PIVOT, PIVOT, COASTER CROSS

- 1&2** Step right to right, rock on to left making a 112 turn right, step right next to left
- 3&4** Step left to left, rock on to right, step left next to right

5&6 Step forward on right, pivot a ½ turn left, make a ½ turn left stepping back on right

7&8 Step back on left, step right next to left, step left over right

SLIDE & CROSS STEP, SYNCOPATED WEAVE

1-2 Take a large step to right with right, hold

&3-4 Step left next to right, step right over left, step left to left side

5&6& Step right behind left, step left to left, step right over left, step left to left

7&8 Step right behind left, step left to left, touch right next to left

REPEAT

OPTIONAL INTRO

Step left to left with hands up on 1st help

Make a ½ turn left stepping right to right with hands up on 2nd help

Make a ½ turn left stepping left to left with hands up on 3rd help

Cross right over left unwind full turn left on 4th help