

# I CAN HELP

LINEDANCE.COM

**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** Carmel Hutchinson

**Music:** I Can Help by Jo-El Sonnier

## RIGHT GRAPEVINE - FULL TURN RIGHT, BRUSH

- 1-2 Step to right on right foot; cross left foot behind right foot
- 3-4 Step to right on right foot; cross left foot behind right foot
- 5 Step to right side on right foot into  $\frac{1}{4}$  turn right
- 6-7 Step forward on left foot into  $\frac{3}{4}$  turn right (shift weight forward to right)
- 8 Brush left next to right

## LEFT GRAPEVINE - FULL TURN LEFT, BRUSH

- 1-2 Step to left on left foot; cross right foot behind left foot
- 3-4 Step to left on left foot; cross right foot behind left foot
- 5 Step forward on left into  $\frac{1}{4}$  turn left
- 6-7 Step forward on right into  $\frac{3}{4}$  turn left (shift weight forward to left)
- 8 Brush right foot forward

## $\frac{1}{4}$ TURN LEFT, TOUCH RIGHT, $\frac{1}{4}$ TURN RIGHT, TOUCH LEFT - $\frac{1}{4}$ TURN RIGHT, TOUCH LEFT, $\frac{1}{4}$ TURN LEFT, TOUCH RIGHT

- 1-2 Step forward on right foot into  $\frac{1}{4}$  turn left; touch left next to right
- 3-4 Step to left side on left foot into  $\frac{1}{4}$  turn right; touch right foot next to left
- 5-6 Step back on right foot into  $\frac{1}{4}$  turn right; touch left foot next to right
- 7-8 Step to left side on left foot into  $\frac{1}{4}$  turn left; touch right next to left

## BACK RIGHT, BACK LEFT, RIGHT SAILOR STEP - BACK LEFT, BACK RIGHT, LEFT SAILOR STEP

- 1-2 Step back on right foot; step back on left foot
- 3&4 Cross right behind left and step; step slightly to left on left foot; step right foot next to left
- 5-6 Step back on left foot; step back on right foot

**7&8** Cross left behind right and step; step slightly to right on right foot; step left foot next to right

**½ TURN RIGHT, TOUCH - ½ TURN LEFT, TOUCH**

**1-2** Step forward on right foot starting ½ turn right; step back on left foot completing ½ turn right

**3-4** Step back on right foot; touch left next to right

**5-6** Step forward on left foot starting ½ turn left; step back on right foot completing ½ turn left

**7-8** Step back on left foot; touch right next to left

**¼ LEFT, BRUSH, SIDE, TOUCH - ¼ LEFT, BRUSH, SIDE, TOUCH**

**1-2** Step forward on right foot into ¼ turn left; brush left next to right

**3-4** Step to left side on left foot; touch right next to left

**5-6** Step forward on right foot into ¼ turn left; brush left next to right

**7-8** Step to left side on left foot; touch right next to left

**REPEAT**