

Help Me Roll It

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Count: 32 **Wall:** 4 **Level:** Beginner / Improver

Choreographer: Jan Brookfield - June 2017

Music: "Help Me Roll It" by Bap Kennedy (CD "Reckless Heart") 106 BPM

Start 12 seconds in ("I woke UP on the floor ...")

Section 1 : STEP FORWARD, HOLD, & ROCKING CHAIR, FORWARD SHUFFLE

1,2&: Step R forward, hold for one count, recover weight briefly onto L

3,4,5,6: Rock R forward, recover onto L, rock R back, recover onto L

7&8: Shuffle forward on R,L,R

Section 2 : STEP FORWARD, HOLD, & ROCKING CHAIR, ½ TURN SHUFFLE

9,10&: Step L forward, hold for one count, recover weight briefly onto R

11,12,13,14: Rock L forward, recover onto R, rock L back, recover onto R

15&16: Making a half turn over right shoulder shuffle L,R,L on the spot (6 o'clock)

Section 3 : STEP SIDE, HOLD, & SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS SHUFFLE

17,18&: Step R to side, hold for one count, recover weight briefly onto L

19,20: Rock R to right side, recover onto L in place

21,22: Step R behind L, step L to left side,

23&24: Shuffle across in front to left on R,L,R

Section 4 : STEP, TOUCH, STEP, TOUCH, ¼ TURN SHUFFLE, STEP FORWARD, ½ PIVOT TURN

25,26,27,28: Step L to left side, touch R next to L, step R to right side, touch L next to R

29&30: Making a quarter turn left shuffle forward on L,R,L (3 o'clock)

31,32: Step R forward, pivot half turn over left shoulder transferring weight onto L (9 o'clock)

KEEP IT GOING!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=118653