

# Help Me, Help Me

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** Intermediate - CCW

**Choreographer:** Bill Larson & Travis Taylor , (Aug 2012)

**Music:** '50 ways to Say Goodbye' by Train. CD: California 37 (140 bpm - 4:08)

## Cross Side, Sailor Cross, Side Rock, Cross Shuffle

- 1,2      Cross R over L, Step L to side
- 3&4      Step R behind L, Step L to Side, Cross R over L
- 5,6      Step L to side, Recover weight onto R
- 7&8      Cross shuffle Right: Stepping L, R, L

## Turn Turn Shuffle fwd, Step fwd Rock, Coaster

**1turning 1/4 turn L Step back on R (9:00)**

**2turning 1/4 turn L Step L to side (6:00)**

- 3&4      Shuffle fwd: Stepping R, L, R
- 5,6      Step L fwd, Recover weight onto R
- 7&8      Step back on L, Step R beside L, Step L fwd

## Cross, Side Sailor Cross, Side Rock, Cross Shuffle

- 1,2      Cross R over L, Step L to side
- 3&4      Step R behind L, Step L to Side, Cross R over L
- 5,6      Step L to side, Recover weight onto R
- 7&8      Cross shuffle Right: Stepping L, R, L

## Turn Turn, Roll full turn fwd, Step Rock, Rocking Chair

**1turning 1/4 turn L Step back on R (3:00)**

**2turning 1/4 turn L Step L to side (12:00)**

**3turning 1/2 turn L Step back on R (6:00)**

**4turning 1/2 turn L Step L fwd (12:00) counts 3,4 are a full rolling turn forward**

**Suggested Substitute Steps: Substitute counts 3,4 with 2 walks forward R, L**

5,6 Step R forward, Recover weight onto L

7,8 Step back onto R, Recover weight onto L \*\* Restart here on wall 3

### **Step Drag, Ball Cross Step, Touch Unwind, Cross Rock**

**1,2turning 1/4 turn L Step R to R side, Drag L up beside R (9:00)**

&3,4 Step L beside R (&), Cross R over L, Step L to L side

5,6 Touch R behind L, turning 1/2 turn R Unwind (weight on R) (3:00)

7,8 Cross Rock L over R, Replace weight on R

### **Shuffle Turn, Step Pivot, Shuffle Turn, Shuffle Turn**

**1&2turning 1/4 turn L Shuffle fwd L, R, L (12:00)**

3,4 Step fwd on R, Pivot 1/2 turn L (6:00)

**5&6turning 1/2 turn L Shuffle Back: R, L, R (12:00)**

**7&8turning 1/2 turn L Shuffle fwd: L, R, L (6:00)**

### **Suggested Substitute Steps: Substitute counts 5&6, 7&8 with 2 shuffles forward**

### **Cross Side Rock, Cross Side Rock, Jazz Box Turn**

1&2 Cross R over L, Step L to L side, Rock weight on R (travelling slightly fwd)

3&4 Cross L over R, Step R to R side, Rock weight on L (travelling slightly fwd)

5,6 Cross R over L, Step back L

**7,8turning 1/4 turn R Step R to R side, Cross L over R (9:00)**

### **Side Behind Turn Step, Turn Turn Behind Side (Figure 8)**

1,2 Step R to R side, Step L behind R

**3,4turning 1/4 turn R Step fwd on R, Step fwd on L (12:00)**

5,6 Pivot 3/4 turn R, (weight on R) Step L to L side (9:00)

7,8 Step R behind L, Step L to L side

### **Tags: After Wall 1 (9:00), Wall 4 (3:00), and Wall 6 "dance tag twice" (9:00) add the following**

1,2 Cross R over L, Recover weight onto L

- 3&4** Shuffle to R side: Stepping R, L, R
- 5,6** Cross L over R, Recover weight onto R
- 7&8** Shuffle to L side: Stepping L, R, L

**Restart: During Wall 3 (6:00) Dance sections 1 - 4 (32 counts \*\*) then restart dance facing (6:00)**

**Contacts:-**

**[bill\\_larson@hotmail.com](mailto:bill_larson@hotmail.com) - [Footloose\\_69\\_travio@hotmail.com](mailto:Footloose_69_travio@hotmail.com)**

**[www.dancewithbill.com](http://www.dancewithbill.com) - [www.southerncrosslinedancers.com](http://www.southerncrosslinedancers.com)**