

# Please Can you Help Me

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**Count:** 32      **Wall:** 4      **Level:** Novice

**Choreographer:** Vera Kuiper (Jan 2013)

**Music:** Can You Help Me Out Of This Dream by Ruud Hermans

**Start dance on the word "OUT"**

**Walk, Walk, Shuffle, Rock step, Shuffle turn ½ right.**

**1LF walk**

**2RF walk**

**3LF step forward**

**&RF step next to LF**

**4LF step forward**

**5RF rock forward**

**6**      Rock back on LF

**7RF ¼ turn right step to the side**

**&LF step next to RF**

**8RF ¼ turn right step forward**

**Chasse, Sailor step, Sailor step, Sailor step ¼ turn right.**

**1LF step to the side**

**&RF step next to LF**

**2LF step to the side**

**3RF cross behind LF**

**&LF step to the side**

**4RF step to the side**

**5LF cross behind RF**

**&RF step to the side**

**6LF step to the side**

**7RF cross behind  $\frac{1}{4}$  turn right**

**&LF step to the side**

**8RF step to the side**

**Rock step, Shuffle turn  $\frac{1}{2}$  left, Kick ball step, Kick ball step.**

**1LF rock forward**

2            Rock back on RF

**3LF  $\frac{1}{4}$  turn left step to the side**

**&RF step next to LF**

**4LF  $\frac{1}{4}$  turn left step forward**

**5RF kick forward**

**&RF step next to LF**

**6LF step forward**

**7RF kick forward**

**&RF step next to LF**

**8LF step forward**

**Vaudeville, Vaudeville, Rock step, Coaster step.**

**1RF cross over LF**

**&LF step to the side**

**2RF heel forward**

**&RF step next to LF**

**3LF cross over RF**

**&RF step to the side**

**4LF heel forward**

**&LF step next to RF**

**5RF rock forward**

**6**            Rock back on LF

**7RF step backwards**

**&LF step next to RF**

**8RF step forward**

**START AGAIN**

**HAVE FUN**

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