

## Help Me Make It

32 Count, 4 Wall, Intermediate

Choreographer: Double Trouble – Cathy and Kathy (USA)  
Dec 2013

Choreographed to: Help Me Make It Through The Night  
by Johnny Reid

---

Start Dance after 16 counts, note you will count to 16 and then say &1 (start on 1)

**Basic Night Club to the Right, ¼ Turn to Left, Step 1/2 Turn Step, Full Turn Shuffle to Right, Rock Forward Left, Recover Right.**

- 1-2 & Step right foot to right side, Rock left foot behind right, quickly recover onto right foot
- 3 Step left foot a ¼ turn to left.
- 4 & 5 Step right foot forward quickly step onto left foot while making ½ turn over left shoulder.  
Step onto right foot.
- 6 & 7 Shuffle a full turn Right (Left, Right, Left) easy option shuffle forward
- 8 & 1 Rock right foot forward, quickly recover weight back onto left, step back right.

**Sweep back Left, Sweep Back Right, Rock Behind Recover Step, Rock Recover Step, Rock Recover Step Forward**

- 2 – 3 With a sweeping motion, step back onto left foot, with a sweeping motion step back onto right foot.
- 4 & 5 Rock left foot behind right, quickly recover weight onto right, step left to left side.
- 6 & 7 Rock right foot behind left, quickly recover weight onto left, step right to right side.
- 8 & 1 Rock left foot behind right, quickly recover weight onto right, step forward left.

**Rock Right Forward Recover ¼ Turn Right, Cross Shuffle Left over Right, Step 1/2 Turn Step over Left shoulder, Rock Left Back Recover Right.**

- 2 & 3 Rock right foot forward, quickly step onto left, and make ¼ turn to Right stepping right to right side.
- 4 & 5 Cross Shuffle left over right (L R L)
- 6 & 7 Step right foot slightly to right side, while quickly stepping onto left foot make a ½ over left shoulder, step side right.
- 8 & 1 Rock left foot behind right, quickly recover onto right, step left to the left side.

**Rock Right Behind Recover ¼ turn, Step Left ½ Turn right, Walk Fwd Right Left, Sway Hips Right Left, and start again.**

- 2 & 3 Rock Right foot behind left, quickly recover weight onto left, step a ¼ turn right onto right foot.
- 4 & 5 Step forward Left, quickly make a 1/2 turn to the right onto right foot, then step on left.
- 6 – 7 Walk forward Right Left.
- 8 & Quickly sway hips Right, Left, (step right foot to right side to start your dance again on count 1 above)

Dedicated to our Fathers, we love you.