



Approved by:

Vivienne S. We Can Help U With That

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Forward rock, Shuffle Back, Touch, 1/2 Turn, Scissor Step		
1 – 2	Rock forward on right. Recover onto left.	Rock Forward	On the spot
3 & 4	Step right back. Close left beside right. Step right back.	Shuffle Back	Back
5 – 6	Touch left behind right. Make 1/2 turn left (weight onto left).	Touch Turn	Turning left
7 & 8	Step right to right side. Step left beside right. Cross right over left.	Scissor Step	On the spot
Section 2	Side, Sweep, Sailor 1/4 Turn, 1/2 Turn Travelling Forward, 1/2 Turn Shuffle		
1 – 2	Step left long step to left side. Sweep right out to right side.	Side Sweep	Left
3 & 4	Turn 1/4 right and cross right behind left. Step left beside right. Step right forward.	Sailor Quarter Turn	Turning right
5 – 6	Step left forward making 1/4 turn left. Step right back making 1/4 turn left.	Half Turn	Turning left
7 & 8	Make 1/2 turn left and step left forward. Close right beside left. Step left forward.	Half Turn Shuffle	
Option	Counts 5 - 8: Walk forward - left, right, then left shuffle forward.		
Section 3	Side, Together, Coaster Step, Forward Rock, 1/2 Turn Toe Strut		
1 – 2	Step right to right side. Step left beside right.	Side Together	Right
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	On the spot
5 – 6	Rock forward on left. Recover onto right.	Rock Forward	
7 – 8	Make 1/2 turn left and step left toe forward. Drop left heel taking weight.	Turn Strut	Turning left
Section 4	Forward Rock, 1/2 Turn Toe Strut, Forward Rock, 1/2 Turn Shuffle		
1 – 2	Rock forward on right. Recover onto left.	Rock Forward	On the spot
3 – 4	Make 1/2 turn right and step right toe forward. Drop right heel taking weight.	Turn Strut	Turning right
5 – 6	Rock forward on left. Recover onto right.	Rock Forward	On the spot
7 & 8	Shuffle step 1/2 turn left, stepping - left, right, left.	Shuffle Half Turn	Turning left

Choreographed by: Fred Buckley & Vivienne Scott (CA) July 2011

Choreographed to: 'I Can Help You With That' by Shane Yellowbird (116 bpm) from CD 'It's About Time'; also available as download from amazon.co.uk or iTunes (32 count intro - start on vocals)



A video clip of this dance is available at www.linedancermagazine.com