

Help Me Cha Cha

32 Count, 4 Wall, Improver

Choreographer: Annie Bradbury assisted by Jan
Wyllie (Aus) June 2010

Choreographed to: Please Help Me I'm Falling by
Sweethearts Of The Rodeo (120 bpm)

Start on the word 'falling'

Fwd Back, Shuffle Back, Back Fwd, Shuffle Fwd

1,2 Rock fwd on L, Rock back on R
3&4 Shuffle back L,R,L
5,6 Rock back on R, Rock fwd on L
7&8 Shuffle fwd R,L,R

Step Hold, Side Rock Replace, Step Hold, Side Rock Replace

9,10 Step L across R, Hold
11,12 Rock R to right, Return wt t
13,14 Step R across L, Hold
15,16 Rock L to left, Return wt to R

Fwd Back, Shuffle Back, Touch Unwind 1/2, Touch Unwind 1/4

17,18 Rock fwd on L, Rock back on R
19&20 Shuffle back L,R,L
21,22 Touch R back, Unwind 1/2 right taking wt on L
23,24 Touch R back, Unwind 1/4 right taking wt on L

Touch & Side Step, Touch & Side Step, Touch & Step Fwd, Step Fwd Scuff

25&26 Touch R toe beside L foot, Step R down beside L, Step L to left side
27&28 Touch R toe beside L foot, Step R down beside L, Step L to left side
29&30 Touch R toe beside L foot, Step R down beside L, Step fwd on L
31,32 Step fwd on R, Scuff L fwd

Hope you enjoy this dance, the song is beautiful!
