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## Help Me Make It Through The Night

BEGINNER

32 Count 4 Walls

Choreographed by: Terri Lineberry  
Choreographed to: Help Me Make It  
Through The Night by Sammi Smith

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### ROCK RECOVER, BEHIND, SIDE, CROSS, ROCK RECOVER, BEHIND, SIDE, CROSS

- 1 - 2 Rock right to right, recover on left
- 3 & 4 Step right behind left, step left to left, cross right over left
- 5 - 6 Rock left to left, recover on right
- 7 & 8 Step left behind right, step right to right, cross left over right

### ROCK RECOVER, COASTER STEP, 1/2 TURN RIGHT, TRIPLE

- 1 - 2 Rock right forward, recover on left
- 3 & 4 Step right back, step left to right, step right forward
- 5 - 6 Step left forward, turn 1/2 right
- 7 & 8 Step left forward, step right to left, step left forward

### CROSS ROCK RECOVER, TRIPLE, CROSS ROCK RECOVER, TRIPLE

- 1 - 2 Rock right over left, recover on left
- 3 & 4 Step right to right, step left to right, step right to right
- 5 - 6 Rock left over right, recover on right
- 7 & 8 Step left to left, step right to left, step left to left

### 1/2 TURN LEFT, TRIPLE, 1/4 TURN RIGHT, TRIPLE

- 1 - 2 Step right forward, turn 1/2 turn left
- 3 & 4 Step right forward, step left to right, step right forward
- 5 - 6 Step left forward, turn 1/4 turn right
- 7 & 8 Step left forward, step right to left, step left forward

### BEGIN AGAIN

### ENDING: ROCK RECOVER, COASTER 1/4 TURN LEFT

- 1 - 2 Rock right forward, recover left
- 3 & 4 Step right back 1/4 left, step left to right, step right forward