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Help Me, Help Me

64 Count, 4 Wall, Intermediate

Choreographer: Bill Larson & Travis Taylor (Aus) Aug 2012

Choreographed to: 50 ways to Say Goodbye by Train.

CD: California 37 (140 bpm - 4:08)

1 Cross Side, Sailor Cross, Side Rock, Cross Shuffle

- 1,2 Cross R over L, Step L to side
- 3&4 Step R behind L, Step L to Side, Cross R over L
- 5,6 Step L to side, Recover weight onto R
- 7&8 Cross shuffle Right: Stepping L, R, L

2 Turn Turn Shuffle fwd, Step fwd Rock, Coaster

- 1 Turning 1/4 turn L Step back on R (9:00)
- 2 Turning 1/4 turn L Step L to side (6:00)
- 3&4 Shuffle fwd: Stepping R, L, R
- 5,6 Step L fwd, Recover weight onto R
- 7&8 Step back on L, Step R beside L, Step L fwd

3 Cross, Side Sailor Cross, Side Rock, Cross Shuffle

- 1,2 Cross R over L, Step L to side
- 3&4 Step R behind L, Step L to Side, Cross R over L
- 5,6 Step L to side, Recover weight onto R
- 7&8 Cross shuffle Right: Stepping L, R, L

4 Turn Turn, Roll full turn fwd, Step Rock, Rocking Chair

- 1-2 Turning 1/4 turn L Step back on R (3:00). Turning 1/4 turn L Step L to side (12:00)
- 3 Turning 1/2 turn L Step back on R (6:00)
- 4 Turning 1/2 turn L Step L fwd (12:00) counts 3,4 are a full rolling turn forward
Suggested Substitute Steps: Substitute counts 3,4 with 2 walks forward R, L
- 5,6 Step R forward, Recover weight onto L
- 7,8 Step back onto R, Recover weight onto L

**** Restart** here on wall 3 (6:00) Dance sections 1 – 4 (32 counts **) then restart dance facing (6:00)

5 Step Drag, Ball Cross Step, Touch Unwind, Cross Rock

- 1,2 Turning 1/4 turn L Step R to R side, Drag L up beside R (9:00)
- &3,4 Step L beside R (&), Cross R over L, Step L to L side
- 5,6 Touch R behind L, turning 1/2 turn R Unwind (weight on R) (3:00)
- 7,8 Cross Rock L over R, Replace weight on R

6 Shuffle Turn, Step Pivot, Shuffle Turn, Shuffle Turn

- 1&2 Turning 1/4 turn L Shuffle fwd L, R, L (12:00)
- 3,4 Step fwd on R, Pivot 1/2 turn L (6:00)
- 5&6 Turning 1/2 turn L Shuffle Back: R, L, R (12:00)
- 7&8 Turning 1/2 turn L Shuffle fwd: L, R, L (6:00)
Suggested Substitute Steps: Substitute counts 5&6, 7&8 with 2 shuffles forward

7 Cross Side Rock, Cross Side Rock, Jazz Box Turn

- 1&2 Cross R over L, Step L to L side, Rock weight on R (travelling slightly fwd)
- 3&4 Cross L over R, Step R to R side, Rock weight on L (travelling slightly fwd)
- 5,6 Cross R over L, Step back L
- 7,8 Turning 1/4 turn R Step R to R side, Cross L over R (9:00)

8 Side Behind Turn Step, Turn Turn Behind Side (Figure 8)

- 1,2 Step R to R side, Step L behind R
- 3,4 Turning 1/4 turn R Step fwd on R, Step fwd on L (12:00)
- 5,6 Pivot 3/4 turn R, (weight on R) Step L to L side (9:00)
- 7,8 Step R behind L, Step L to L side

Tags: After Wall 1 (9:00), Wall 4 (3:00), and Wall 6 "dance tag twice" (9:00) add the following

- 1,2 Cross R over L, Recover weight onto L
 - 3&4 Shuffle to R side: Stepping R, L, R
 - 5,6 Cross L over R, Recover weight onto R
 - 7&8 Shuffle to L side: Stepping L, R, L
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