

Help Yourself

32 count, 4 wall, intermediate level

Choreographer: Phil Dennington (UK) 2003

Choreographed to: Help Yourself by Tom Jones, Best
Of

Start on vocals (16 counts)

MODIFIED RUMBA BOX

- 1& STEP RIGHT TO RIGHT SIDE, STEP LEFT BESIDE RIGHT
- 2 STEP FWD RIGHT
- 3& STEP LEFT TO LEFT SIDE, STEP RIGHT BESIDE LEFT
- 4 STEP FWD LEFT

FWD ROCK, BACK LOCK STEP, RIGHT BACK COASTER, FWD LOCK STEP

- 1&2 ROCK FWD RIGHT, ROCK LEFT IN PLACE, STEP BACK RIGHT
- 3&4 STEP BACK LEFT, CROSS STEP RIGHT OVER LEFT, STEP BACK LEFT
- 5&6 STEP BACK RIGHT, STEP LEFT BESIDE RIGHT, STEP FWD RIGHT
- 7&8 STEP FWD LEFT, LOCK RIGHT BEHIND LEFT, STEP FWD LEFT
(OPTION FWD LEFT SHUFFLE)

ROCK & CROSS, COASTER TURNING ¼ RIGHT

- 1&2 ROCK RIGHT TO RIGHT, ROCK LEFT IN PLACE, CROSS STEP RIGHT OVER LEFT
- 3& TURNING ¼ RIGHT, STEP BACK LEFT, STEP RIGHT BESIDE LEFT
- 4 STEP FWD LEFT

WALKS FWD, ROCK & CROSS, COASTER ¼ TURN, WALKS FWD

- 1-2 WALKING FWD, STEP RIGHT, STEP LEFT (SWAY BODY RIGHT, LEFT)
- 3&4 ROCK RIGHT TO RIGHT, ROCK LEFT IN PLACE, CROSS STEP RIGHT OVER LEFT
- 5& TURNING ¼ RIGHT STEP BACK LEFT, STEP RIGHT BESIDE LEFT
- 6 STEP FWD LEFT
- 7-8 WALKING FWD STEP RIGHT, STEP LEFT (SWAY BODY RIGHT, LEFT)

ROCK & CROSS, ¾ TURN RIGHT, RIGHT MAMBO, LEFT MAMBO

- 1&2 ROCK RIGHT TO RIGHT, ROCK LEFT IN PLACE, CROSS STEP RIGHT OVER LEFT
- 3&4 TURNING ¼ RIGHT, STEP BACK LEFT, TURNING ½ RIGHT, STEP FWD RIGHT, STEP
LEFT BESIDE RIGHT
- 5&6 ROCK RIGHT TO RIGHT, ROCK LEFT IN PLACE, STEP RIGHT BESIDE LEFT
- 7&8 ROCK LEFT TO LEFT, ROCK RIGHT IN PLACE, STEP LEFT BESIDE RIGHT.

RESTARTS

START DANCE ON STEP 24 AFTER WALKS FWD, THIS IS DONE AT THE END OF
SECTIONS, 3, 4, 5, 7.

AFTER SECTION 6, THERE IS A TAG OF 4 COUNTS (HOLD FOR 4 COUNTS) & do your thing.
AFTER THIS, DANCE THROUGH TO END.