

**Help Yourself****BEGINNER**

32 Count 2 Walls

Choreographed by: Dave Powney

Choreographed to: Help Yourself by Tom Jones

**1 MODIFIED RUMBA BOX,MAMBO STEP,COASTER STEP**

1 & 2 step R to R,step L next to R,step R fwd  
3 & 4 step L to L,step R next to L,step L fwd  
5 & 6 step R fwd,step L in place,step R next to L  
7 & 8 step L back, step R next to L,step L fwd

**2 SHUFFLE,SHUFFLE,JAZZ BOX**

1 & 2 step R fwd,step L next to R,step R fwd  
3 & 4 step L fwd, step R next to L,step L fwd  
5,6,7,8 cross R over L,step L back,step R to R,step L next to R

**3 1/4 PIVOT TURN,1/4 PIVOT TURN,HIP BUMPS,HIP BUMPS**

1,2 step R fwd,1/4 turn L( weight on L)  
3,4 step R fwd,1/4 turn L (weight on L)  
5 & 6 step R fwd, bump hips ( r & r )  
7 & 8 step L fwd,bump hips ( l & l )

**4 CHASSE R,ROCK BACK,CHASSE L,ROCK BACK**

1 & 2 step R to R,step L next to R, step R to R  
3,4 rock back L, recover R  
5 & 6 step L to L,step R next to L,step L to L  
7,8 rock back R,recover L

**END OF DANCE**