

## I Need Help

64 count, 4 wall, intermediate level

Choreographer: Alan Haywood (UK) July 2005  
Choreographed to: Crazy Chick by Charlotte Church,  
CD Single (135 bpm)

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32 count intro, start on vocals

### Section 1 Forward mambo, back mambo, kick ball cross x 2

- 1&2 Rock forward on right, recover on left, step right next to left  
3&4 Rock back on left, recover on right, step left next to right  
5&6 Kick right diagonally forward over left, step onto ball of right, cross step left over right  
7&8 Kick right diagonally forward over left, step onto ball of right, cross step left over right  
Note: when doing 2 x kick ball crosses, travel slightly sideways

### Section 2 Side rock, recover, behind 1/4 L step, step 1/2 R, shuffle forward

- 1-2 Rock right to right side, recover weight onto left  
3&4 Step right behind left, step left 1/4 left, step right forward  
5-6 Step left forward, pivot 1/2 right  
7&8 Step left forward, close right next to left, step left forward

### Section 3 Side switch R & L & step 1/2 L, side switch R & L & step 1/4 L

- 1&2 Touch right to right side, step right next to left, touch left to left side  
&3-4 Step left next to right, step right forward, pivot 1/2 left  
5&6 Touch right to right side, step right next to left, touch left to left side  
7&8 Step left next to right, step right forward, pivot 1/4 left

### Section 4 Side steps right with shoulder shimmies, & side step, side steps right with shoulder shimmies & side touch (or body rolls)

- 1-2 Right steps to right side – shimmying shoulders at the same time  
&3-4 Step left next to right, step right to right side, step left next to right  
5-6 Right side steps to right – shimmying shoulders at the same time  
&7-8 Step left next to right, step right to right side, touch left next to right

### Section 5 1/4 L shuffle, 1/4 L shuffle, coaster step, kick ball step

- 1&2 Step left 1/4 left, close right next to left, step left forward  
3&4 Make 1/4 turn left stepping right to side, close left next to right, step right to right side  
5&6 Step left back, step right next to left, step left forward  
7&8 Kick right forward, step onto ball of right, step left forward

### Section 6 Walk R L, coaster step, 1/4 R shuffle, rock back, recover

- 1-2 Walk forward on right, walk forward onto left  
3&4 Step right back, close left to right, step right forward  
5&6 Make 1/4 turn right stepping left to left side, close right to left, step left to left side  
7-8 Rock back onto right, recover weight forward onto left

Restart here during wall 2

### Section 7 Triple 1/2 L, rock back, recover, triple 1/2 R, rock back, recover

- 1&2 Make 1/2 turn left stepping R L R  
3-4 Rock back onto left, recover weight forward onto right  
5&6 Make 1/2 turn right stepping L R L  
7-8 Rock back onto right, recover onto left

### Section 8 R side & R side & R side, touch, roll full turn left, touch

- 1&2 Step right to right side, close left next to right, step right to right side  
&3-4 Close left next to right, step right to right side, touch left next to right  
5-6 Step left 1/4 left, make 1/2 turn left stepping right back  
7-8 Step left 1/4 left, touch right next to left  
Note: 5-6, 7-8 can be left vine, touch

**Restart:** During wall 2, restart the dance after count 8 in section 6 (rock back, recover). Easy to spot – no vocals, instrumental only

This dance has an optional ending!

You will be facing the back wall at the end of the dance. Cross right over left, unwind half turn (over 4 counts) to face the front and pose!!

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