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Stay, Just One Night

32 Count, 4 Wall, Improver

Choreographer: Sandy Kerrigan (Australia) Jan 2013

Choreographed to: Help Me Make It Through The Night by

Steve Holy, CD: Love Don't Run; Help Me Make It Through

The Night by Sammi Smith

Fwd Rock Step, ¼ Side, Cross, Side with Drag, Behind Side Cross, Side Rock, Replace
1,2&3,4 Rock Fwd L, Replace Back to R, ¼ L-Step L to L Side, Cross R over L, Step L to L with R Drag
5&6,7-8 Step R Behind L, Step L to L Side, Cross R over L, Rock L to L Side, Replace to R Side

¼ L Sailor Step, ¼ L Scissor Step, ¼ R, ¼ R, Cross, Scissor Step
1&2 Turn ¼ L-Cross L Behind R, Step R to R, Step Fwd L, Turn ¼ L-
3&4 Step R to R, Step L next to R, Cross R over L 3:00
5&6 ¼ R Step Back on L, ¼ R Step R to R Side, Cross L over R,
7&8 Step R to R, Step L next to R, Cross R over L

¼ R Coaster Step, Back Rock, Full Turn Fwd R, Step Back Sweep, Step Back Sweep
1&2&3 Turn ¼ R-Step Back L, Step R next to L, Step Fwd L, Step R next to L,
3,4 Rock Back on L, Rep Fwd to R
&5,6& ½ Turn R-Step Back on L, ½ Turn R Step Fwd R, Step Fwd L, Step R next to L 12:00
7-8 Step Back L-Sweeping R, Step Back R-Sweeping L

Behind, Side Cross with Fwd Sweep, Cross, Side Behind, ¼ Rock Fwd, ½ L, Rock Fwd R
1&2 Cross L Behind R, Step R to R, Cross L over R-Sweeping R Fwd
3&4 Cross R over L, Step L to L, Cross R Behind L 12:00
5-6& ¼ Turn L-Rock Fwd L, Replace Back to R 9:00, ½ Turn L-Step Fwd on L 3:00
7-8& Rock Fwd R, Replace Back to L, Step R next to L 3:00