

## Help Me Make It

32 Count, 4 Wall, Improver Choreographer: Sharon Brizon (UK) Aug 2015 Choreographed to: Help Me Make It Through the Night by John Holt (Reggae Version)

8 Counts (count in 1&2, 3&4, 5&6, 7&8 - to come in on the word "hair") Intro:

Section 1: Toe Taps, Coaster Step, Chasse L, Shuffle Fwd

Tap right toe to right side. Tap right toe in. 1& 2& Tap right toe to right side. Tap right toe in.

Step back on right. Step left beside right. Step right forward. 3&4 5&6 Step left to left side. Close right beside left. Step left to left side. 7&8 Step forward on right. Close left beside right. Step forward on right.

Section 2: Toe Taps, Coaster, Chasse R, Shuffle ½ turn

Tap left toe to left side. Tap left toe in. 1& Tap left toe to left side. Tap left toe in. 2&

Step back on left. Step right beside left. Step left forward. 3&4

Step right to right side. Close left beside right. Step right to right side. 5&6

7&8 Making a ½ turn left, Shuffle forward left-right-left. (6 o'clock)

Monterey 1/4 Turns x 2, Heel Switches x 2, Shuffle Fwd Section 3:

Tap right toe to right side. Making ¼ turn right, step right beside left. 1&

Tap left toe to left side. Step left beside right. 2&

3& Tap right to to right side. Making 1/4 turn right, step right beside left.

Tap left toe to left side. Step left beside right. 4& Touch right heel forward. Step right foot in place. 5& 6& Touch left heel forward. Step left foot in place. 7&8 Shuffle forward right-left-right. (12 o'clock)

Section 4: Step ¼ Cross, Side Strut, Cross Strut, Long Step-Tog, Rocking Chair

Step left foot forward. Pivot ¼ turn right, weight on right. Step left across right. 1&2

Touch right toe to right side. Drop right heel down. 3& Touch left toe across right. Drop left heel down. 4& Take a long step right to right. Step left beside right. 5-6 Rock forward on right. Recover weight on left. 7& Rock back on right. Recover weight on left. 88

## **REPEAT**







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