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I Can Help

48 Count, 2 Wall, Improver
Choreographer: Karen Holtom (UK) Feb 2017
Choreographed to: I Can Help by Billy Swan.
(Shortened version from 70's Summer album)

BPM: 126

Intro: 32 counts from solid beat

Easy Re-Starts On Walls 3, 5 And 6 With Single Step Change

- Section 1** **Chasse Left, Rock Back Recover, Diagonal Rocking Chair**
1&2,3,4 Step L to side, close R next to L, step L to side, Rock back on R diagonal, recover on L
5,6,7,8 Rock forward on R diagonal, recover on L, Rock back on R, recover on L (1.30)
- Section 2** **Walk Forward R, L, R, Kick L, Back L, R, L, Touch R**
1,2,3,4 On R diagonal walk forward R, L, R, kick L forward (1.30)
5,6,7,8 Back L, R, L, touch R next to L straightening up to front wall (12)
- Section 3** **Side Touch, ¼ Left, Touch, Side Touch, ¼ Left, Touch**
1,2,3,4 Step R to side, touch L next to R, turn ¼ turn L stepping L to side, touch R beside L (9)
5,6,7,8 Step R to side, touch L next to R, turn ¼ turn L stepping L to side, touch R beside L (6)
Optional styling of dips and clicks on the 'touch' steps
- Section 4** **Out Out, In In, Jazz Box Step Forward**
1,2,3,4 Step R out to R, Step L out to L, step R back to centre, step L back to centre
5,6,7,8 Step R across L, Step back on L, Step R to R side, Step L forward
****Restart (6)**
- Section 5** **Shuffle Forward, Step Pivot ½, Shuffle Forward, Step Pivot ½**
1&2,3,4 Step forward on R, close L next to R, step forward on R, Step forward on L, pivot ½ turn R (12)
5&6,7,8 Step forward on L, close R next to L, step forward on L, Step forward on R pivot ½ turn L (6)
- Section 6** **Out Out, In In, Jazz Box Touch**
1,2,3,4 Step R out to R, Step L out to L, step R back to centre, step L back to centre
5,6,7,8 Step R across L, Step back on L, Step R to R side, Touch L next to R (6)
- **Restart:** **On Walls 3, 5 & 6 after Section 4, with step change on count 8**
 Out Out, In In, Jazz Box Touch
1,2,3,4 Step R out to R, Step L out to L, step R back to centre, step L back to centre
5,6,7,8 Step R across L, Step back on L, Step R to R side, Touch L next to R