



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Help Me Roll It

32 Count, 4 Wall, Beginner

Choreographer: Jan Brookfield (UK) Jun 2017

Choreographed to: Help Me Roll It by Bap Kennedy

Start 12 Seconds In ("I Woke Up On The Floor ...")

Section 1: Step Forward, Hold, & Rocking Chair, Forward Shuffle

1,2& Step R forward, hold for one count, recover weight briefly onto L
3,4,5,6 Rock R forward, recover onto L, rock R back, recover onto L
7&8 Shuffle forward on R,L,R

Section 2: Step Forward, Hold, & Rocking Chair, ½ Turn Shuffle

9,10& Step L forward, hold for one count, recover weight briefly onto R
11,12,13,14 Rock L forward, recover onto R, rock L back, recover onto R
15&16 Making a half turn over right shoulder shuffle L,R,L on the spot (6 o'clock)

Section 3: Step Side, Hold, & Side Rock, Recover, Behind, Side, Cross Shuffle

17,18& Step R to side, hold for one count, recover weight briefly onto L
19,20 Rock R to right side, recover onto L in place
21,22 Step R behind L, step L to left side,
23&24 Shuffle across in front to left on R,L,R

Section 4: Step, Touch, Step, Touch, ¼ Turn Shuffle, Step Forward, ½ Pivot Turn

25,26,27,28 Step L to left side, touch R next to L, step R to right side, touch L next to R
29&30 Making a quarter turn left shuffle forward on L,R,L (3 o'clock)
31,32 Step R forward, pivot half turn over left shoulder transferring weight onto L (9 o'clock)

Keep It Going!