



Reggae Ribbons

32 Count, 2 Wall, Improver

Choreographer: Ann Wood (July 2019)

Choreographed to: Help Me Make It Through The Night by
John Holt CD: Reggae At It's Best

16 count intro

S1 SIDE ROCK CROSS AND CROSS AND CROSS WITH ¼ LEFT TURN, LEFT MAMBO RIGHT COASTER HEEL

1 & 2 Rock Right To Side, Recover On Left Cross Step Right Over Left

& 3 & 4 Step Left To Left Side, Cross Right Over Left, Make A ¼ Turn Left Stepping Left Forward, Step Right Beside Left (9 O'clock)

5 & 6 Rock Left Forward, Recover Onto Right, Step Left Back

7 & 8 Step Right Back, Close Left To Right, Extend Right Heel Forward

S2 AND WALK, WALK, MAMBO HALF TURN LEFT, STEP 14 TURN LEFT, CROSS SHUFFLE

& 1 - 2 Step Right Foot Down, Walk Forward Left, Walk Forward Right,

3 & 4 Rock Forward On Left, Recover On Right, Make ½ Turn Left Stepping Left Forward (3 O'clock)

5 - 6 Step Forward Right Make ¼ Turn Left (12 O'clock)

7 & 8 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left

S3 LEFT CHASSE, BACK ROCK SIDE EXTENDED WEAVE TO RIGHT WITH ¼ TURN RIGHT

1 & 2 Step Left To Left Side, Close Right To Left, Step Left To Left Side

3 & 4 Rock Right Behind Left, Recover On To Left Step Right To Right Side

5 & 6 Step Left Behind Right, Step Right To Right Side, Cross Step Left Over Right

& 7 & 8 Step Right To Right Side, Step Left Behind Right, Step Right 1/4 Right, Step Left Forward (3 O'clock)

S4 RIGHT AND LEFT HEEL JACKS, FORWARD RIGHT MAMBO, ¾ TURNING SHUFFLE TO LEFT

1 & 2 Cross Right Over Left, Step Left Back, Extend Right Heel Forward

& 3 & 4 Step Right Down, Cross Left Over Right, Step Right Back. Extend Left Heel Forward

& 5 & 6 Step Left Down, Rock Right Forward, Recover Onto Left, Step Right Back

7 & 8 Make ¾ Turn Left Stepping Left, Right, Left (6 O'clock)

Music download available from Amazon



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