

Alt. Music: Help Me Make It Through the Night by Sammi Smith

No Tags Or Restarts

Intro: 12 counts

S1 Long Step to R, Behind-Side-Cross, Side Rock Cross, ¼ Turn to R, Triple Step Turning ½ Over Shoulder (9:00)

1,2&3 Long step to R, step L behind R, step to R, step L over R

4&5 Rock to R, recover on L, step R over L

6,7&8 Turn ¼ to R and step back on L, triple step R, L, R turning ½ over R shoulder (9:00)

S2 L Lock Steps Fwd, R Lock Steps Fwd, Step L Over R, Step to R, Sailor Step with ½ Turn

1&2 Step fwd on L, lock R behind L, step fwd on L (on slight L diagonal)

3&4 Step fwd on R, lock L behind R, step fwd on R (on slight R diagonal)

5-6 Step L over R, step to R,

7&8 Step L behind R, turn ½ to L and step on R beside L, step forward on L

S3 Serpentine Pattern, Step to L, Close R, Cross Shuffle

1,2&3 Step fwd on R, Step L over R, Step to R, Step L behind R

4&5 Sweep R behind L, Step to L, Step R over L

6&7&8 Step to L, Close R, Step L over R, Step to R, Step L over R

S4 Sway to R, Sway to L, Behind-Side-Cross, Step to L, Rock Back, Recover, Weave to R

1-2 Sway to R, Sway to L

3&4 Step R behind L Step to L, Step R over L

5,6& Step to L, Rock back on R, Recover on L

7&8& Step to R, Step L behind R, Step to R, Step L over R



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