

Had Some Help



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Choreographed by: Dustin Valcalda (USA) & Sierra Gil (USA) May 2024

Choreographed to: I Had Some Help by Post Malone feat Morgan Wallen

Intro: 32 Counts. Start at approx 15 secs.

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SEC 1	STEP, SWEEPING SCUFF, STEP, SWEEPING SCUFF, ROCKING CHAIR
1-2	Step RF forward, Scuff LF forward around RF
3-4	Step LF forward, Scuff RF forward around LF
5-6	Rock RF forward, Recover weight LF
7-8	Rock RF back, Recover weight LF
SEC 2	WALK, WALK, KICK BALL STEP, 1/4 PIVOT, 1/4 PIVOT
1-2	Walk RF forward, Walk LF forward
3&4	Kick RF forward, Ball RF slightly forward, Step LF forward
5-6	Step RF forward, Pivot ¼ L weight recovering LF (9:00)
7-8	Step RF forward, Pivot ¼ L weight recovering LF (6:00)
Restart	Here on Wall 4
SEC 3	CROSS, SIDE, BEHIND, SIDE POINT, CROSS, SIDE, BEHIND, SIDE POINT
1-2	Cross RF over LF, Step LF to L Side
3-4	Cross RF behind LF, Point LF to L side
5-6	Cross LF over RF, Step RF to R side
7-8	Cross LF behind RF, Point RF to R side
SEC 4	1/4 JAZZ BOX, STOMP, STOMP, HIP SWAYS
1-2	Cross RF over LF, Step LF diagonal back 1/₅ turn R (7:30)
3-4	Step RF to R side 1/8 turn R, Step LF forward (9:00)
5-6	Stomp RF slightly R, Stomp LF slightly L
7-8	Sway Hips to R, Sway hips to L

