



Help From Friends

32 Count 4 Wall Improver Level Dance.

Choreographed by: Katie Blakely (UK) Apr 2025

Choreographed to: Dancin' in the Country by Tyler Hubbard

Intro: 16 Counts. Start at approx 8 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 GRAPEVINE, TOUCH, SWAY X4

- 1-2 Step R to R side, step L behind R
- 3-4 Step R to R side, touch L next to R
- 5-6 Step L to left side as hips sway L, sway hips R
- 7-8 Sway hips L, sway hips R

SEC 2 STEP ½ TURN, STEP ½ TURN, GRAPEVINE

- 1-2 Step forward on R, turn ½ R (6:00)
- 3-4 Step forward on R, turn ½ R (12:00)
- 5-6 Step L to L side, step R behind L
- 7-8 Step L to L side, step R in place

SEC 3 HEEL SWITCH X3, HOLD, TOE SWITCHES X3, HOLD, DOUBLE CLAP

- 1&2& Dig L heel forward, step R in place, dig L heel forward, step L in place
- 3-4 Dig R heel forward, hold and double clap hands
- 5&6& Point R toes to R side, step R in place, point L toes to L side, step L in place
- 7-8 Point R toes to R side, hold and double clap hands

SEC 4 BACK ROCK, SIDE SHUFFLE, BACK ROCK, ¼ BACK, TOUCH

- 1-2 Rock R foot back, recover on L
- 3&4 Step R to R side, step L next to R, step R to R side
- 5-6 Rock L foot back, recover on R
- 7-8 Step L foot back turning ¼ turn to the R, touch R in place (3:00)