

Help Me Make It (Through The Night)

32 Count, 2 Wall, Improver, Samba

Choreographer: Ira Weisburd (USA) May 2011

Choreographed to: Help Me Make It Through The Night by Die Campbells, CD: Daar's Lets Innie Water 2004; Help Me Make It Through The Night by Rian Ungerer, CD: Timeless Hits

Introduction: 8 counts. Start approximately 8 seconds into the song. Start on the word "Hair"

- 1 SAMBA w/R, SAMBA w/L, CROSS ROCK, RECOVER, ½ TRIPLE TURN R**
1&2 Step R across L, Step on ball of L to L, Recover w/ weight on R.
3&4 Step L across R, Step on ball of R to R, Recover w/ weight on L
5-6 Cross and Step with R over L, Recover w/ weight back onto L
7&8 Make ½ turn to R in 3 steps (R,L,R)
- 2 SAMBA w/L, SAMBA w/R, CROSS ROCK, RECOVER, ¼ TRIPLE TURN L**
1&2 Step L across R, Step on ball of R to R, Recover w/ weight on L
3&4 Step R across L, Step on ball of L to L, Recover w/ weight on R
5-6 Cross and Step with L over R, Recover w/ weight back onto R
7&8 Make ¼ turn to L in 3 steps (L,R,L)
- 3 SAMBA w/R, SAMBA w/L, ROCK FORWARD, RECOVER, COASTER STEP.**
1&2 Step R across L, Step on ball of L to L, Recover w/ weight on R.
3&4 Step L across R, Step on ball of R to R, Recover w/ weight on L
5-6 Step forward on R, Recover back on L
7&8 Step back w/ R, Step-close L to R, Step forward on R
- 4 DIAMOND SHAPE FALL AWAY (3/4 TURN L)**
1&2 Step forward on L turning 1/8 L, Step R to R, Step L Behind R
3&4 Step Back Diagonally w/ R to face next wall, Step L to L side,
Cross R over L to face next corner
5&6 Step forward on L, Step R to R (making 1/8 turn L), Step back on L (making 1/8 turn L)
7-8 Step R to R, Step L to L (making 1/8 turn L, to face back wall)

This #1 Country hit was written by songwriter and actor Kris Kristofferson in 1970.
