



I'll Help You Make It Through The Night

32 Count, 4 Wall, Intermediate, Cha Cha
Choreographer: Peter Davenport (ES) December 2018
Choreographed to: Help Me Make It Through The Night by
Michael Buble & Accompanied With Loren Allred

16 Count Introduction, Approx 15 Seconds, Track Length 3.44
Start Just Before You Hear Him Sing Your Hair, (Timing Bit Tricky)

S1 Step Rock Replace, 1/4 Shuffle R, Rock Replace, Triple Full Turn

- 1.2.3 Step L to L, Rock R over L, Recover on L (12)
4&5 Shuffle 1/4 R, R.L.R (3)
6.7 Rock forward on L, Recover on R (3)
8&1 Triple full turn L, L.R.L (weight on L) (3)

Alternative Step L Coaster Step

S2 1/4 Side Rock, Behind Side Cross, 1/4 Step Together, Lock Step

- 2.3 1/4 L rock R out to R, Recover on L (12)
4&5 Cross R behind L, Step L to L, Cross R over L (12)
6.7 1/4 L step forward on L, Bring R to L (*weight on R*) (9)
8&1 Back lockstep, L.R.L (9)

S3 1/2 Turn Shuffle, Mambo Step, Modified Coaster Step, Run

- 2&3 R 1/2 turn shuffle, R.L.R (3)
4&5 L mambo step, rock forward L, Recover R, Step back L (3)
6&7& Step R back, Bring L to R, Step R forward, Run Forward L (3)
8&1 Run Forward R.L Rock forward on R (3)

S4 Recover, 1/4 R Side, Cross Back Side, Cross 1/4 R, Side Touch

- 2.3 Recover on L, 1/4 R step R to R (6)
4&5 Cross L over R, Step R back, Step L to L (6)
6.7 Cross R over L, 1/4 R step back on L (9)
8& Step R to R, Touch L to R (9)

Note Not To Be Rushed, Danced With Ease & Passion
