

A Cry For Help

72 Count, 4 Wall, Intermediate Choreographer: Eddie Morrison (UK) February 2019 Choreographed to: Are You Coming Over by Beccy Cole

16 Count Intro

S 1	Side together, side together forward, side together, side together 1/4 turn.
4 0	Otan pinkt to the side standard her identification

- Step right to the side, step left beside right.
- 3&4 Step right to the side, step left beside right, step right forward.
- 5-6 Step left to the side, step right beside left.
- 7&8 Step left to the side, step right beside left, step left 1/4 turn.

S2 Step 1/4 turn, cross & cross, side rock recover, behind side step.

- 1-2 Step right forward, pivot 1/4 turn left.
- 3&4 Cross right over left, step left to the side, cross right over left.
- 5-6 Rock left to the side, recover on right.
- 7&8 Cross left behind right, step right to the side, step forward on left.

S3 Right rock recover shuffle 1/2 turn, left rock recover shuffle 1/2 turn.

- 1-2 Rock forward on right, recover on left.
- Shuffle 1/2 turn right stepping RLR 3&4
- Rock forward on left, recover on right. 5-6
- 7&8 Shuffle 1/2 turn left stepping LRL.

S4 Jazz box 1/4 turn right, rock forward & back.

- 1-2 Cross right over left, step back on left.
- Step right to the side making a 1/4 turn right, step forward on left. 3-4
- 5-6 Rock forward on right, recover on left.
- 7-8 Rock back on right, recover on left.

S5 Rock recover & rock recover, shuffle back, rock back recover.

- 1-2& Rock forward on right, recover on left, step right beside left.
- 3-4 Rock forward on left, recover on right.
- 5&6 Step back on left, step right beside left, step back on left.
- Rock back on right recover on left. (Tag/Restart Wall 4) 12.00 7-8

Right toe strut, left toe strut, right kick ball change, right toe strut. **S6**

- 1-2 Step right toe forward, step down on right heel.
- 3-4 Step left toe forward, step down on left heel.
- 5&6 Kick forward on right, step down on right, step left beside right. (Tag/Restart Wall 5) 9.00
- 7-8 Step right toe forward, step down on right heel.

S7 Left toe strut, right toe strut, left kick ball change, left toe strut.

- 1-2 Step left toe forward, step down on left heel.
- 3-4 Step right toe forward, step down on right heel.
- 5&6 Kick forward on left, step down on left, step right beside left.
- 7-8 Step left toe forward, step down on left heel.

S8 Right rock recover, shuffle 1/2 turn, shuffle 1/4 turn, rock back recover.

- Rock forward on right, recover on left. 1-2
- 3&4 Make a 1/2 turn shuffle stepping RLR.
- 5&6 Make a 1/4 turn shuffle stepping LRL.
- 7-8 Rock back on right, recover on left.

S9 Monterey 1/4 turn, jazz box.

- 1-2 Point right to the side, step right beside left.
- Make 1/4 turn right pointing left to the side, step left beside right. 3-4
- Cross right over left, step back on left. 5-6
- 7-8 Step right to the side, step left beside right.

Tag/Restart Wall 4 Repeat S5 then restart. (12.00)

Tag/Restart Wall 5 S6 add right touch after counts 5&6, then restart (9.00) (Right kick ball change touch)

Ending On the last wall dance to the end of section 7 then right rock 1/2 turn to face 12.00

On the last wall the music stops briefly, carry on dancing through. Note



