Help Me Up

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48 Count 2 Wall High Improver Level Dance.
Choreographed by: Julie Lockton (ES) \& Sebastiaan Holtland (NL) Sept 2021
Choreographed to: Help Me Up by Justin Wellington
Intro: 32 Counts. Start at approx 20 secs

Remember to Vote for your favourite dances in the Linedancer Charts.
SEC 1 SIDE, BEHIND WITH SWEEP, WEAVE, SIDE MAMBO $1 \not ⁄ 4$, BACK ROCK
1-2 Step RF to R, Step LF behind RF and sweep RF from front to back
$3 \& 4$ Step RF behind LF, Step LF to L, Step RF across LF
5\&6 Mambo LF to L, Make $1 / 4$ turn L recover back onto RF, Step LF slightly back (9:00)
7-8 Rock RF back, Recover back on LF

SEC 2 SYNCOPATED SIDE ROCKS, BACK WITH SYNCOPATED HIP BUMPS BACK
1-2\& Rock RF to R, Recover back onto LF, Step RF beside LF
3-4 Rock LF to L, Recover back onto RF
\&5\&6 Step LF back and bump hips to centre, Bump hips back, Bump hips to centre, Bump hips back
\&7\&8 Bump hips to centre, Bump hips back, Bump hips to centre, Bump hips back

SEC 3 STEP, SIDE POINT, STEP, SIDE POINT, VOLTA ½ ARCH
1-2 Step RF fwd, Point LF out to L
3-4 Step LF fwd, Point RF out to R
5\&6\& Step RF fwd, Small Step LF to L, Step RF across LF, Small Step LF to L (12:00)
7\&8 Step RF across LF, Small step LF to L, Step RF across LF squaring up at 3:00 weight onto L

SEC 4 WALKS FWD, TOUCH TOGETHER, SIDE, TOUCH TOGETHER, STEP ¼ TURN, TOUCH TOGETHER
1-2 Chest Pumps Fwd Walk LF fwd, Walk RF fwd,
3-4 Walk LF fwd, Touch RF beside LF
5-6 Step RF to R, Touch LF beside RF
7-8 Make $1 / 4$ turn L step LF fwd, Touch RF beside LF (12:00)

Restart Here on Wall 3

SEC 5 2X OUT, OUT, IN, IN (HAND MOVEMENT)
1-2 Step RF out fwd, Step LF out fwd
3-4 Step RF back in place, Step LF back in place
5-6 Step RF out fwd, Step LF out fwd
7-8 Step RF back in place, Step LF back in place
Note $\quad$ On above counts 1-8 bring both hand out and Inn fingers spread to front

SEC 6 SYNCOPATED FWD ROCKS $1 / 4$ TURN, $1 ⁄ 2$ WALKING CIRCLE, STEP LOCK STEP $1 / 4$ TURN
1-2\& Rock RF fwd, Recover back onto LF, Make $1 / 4$ turn R Step RF to R (3:00)
3-4 Rock LF fwd, Recover back onto RF
5-6 Make $1 / 4$ turn L Walk LF fwd, Make $1 / 4$ turn L Walk RF fwd ( $9: 00$ )
7\&8 Make $1 / 4$ turn L step LF fwd, Lock RF behind LF, Step LF fwd (6:00)

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