

Help Me Up

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 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 1-2 3&4 5&6 7-8	SIDE, BEHIND WITH SWEEP, WEAVE, SIDE MAMBO ¼, BACK ROCK Step RF to R, Step LF behind RF and sweep RF from front to back Step RF behind LF, Step LF to L, Step RF across LF Mambo LF to L, Make ¼ turn L recover back onto RF, Step LF slightly back (9:00) Rock RF back, Recover back on LF
SEC 2 1-2& 3-4 &5&6 &7&8	SYNCOPATED SIDE ROCKS, BACK WITH SYNCOPATED HIP BUMPS BACK Rock RF to R, Recover back onto LF, Step RF beside LF Rock LF to L, Recover back onto RF Step LF back and bump hips to centre, Bump hips back, Bump hips to centre, Bump hips back Bump hips to centre, Bump hips back, Bump hips back
SEC 3 1-2 3-4 5&6& 7&8	STEP, SIDE POINT, STEP, SIDE POINT, VOLTA ½ ARCH Step RF fwd, Point LF out to L Step LF fwd, Point RF out to R Step RF fwd, Small Step LF to L, Step RF across LF, Small Step LF to L (12:00) Step RF across LF, Small step LF to L, Step RF across LF squaring up at 3:00 weight onto L
SEC 4 1-2 3-4 5-6 7-8	WALKS FWD, TOUCH TOGETHER, SIDE, TOUCH TOGETHER, STEP ¼ TURN, TOUCH TOGETHER Chest Pumps Fwd Walk LF fwd, Walk RF fwd, Walk LF fwd, Touch RF beside LF Step RF to R, Touch LF beside RF Make ¼ turn L step LF fwd, Touch RF beside LF (12:00)
Restart	Here on Wall 3
SEC 5 1-2 3-4 5-6 7-8 Note	2X OUT, OUT, IN, IN (HAND MOVEMENT) Step RF out fwd, Step LF out fwd Step RF back in place, Step LF back in place Step RF out fwd, Step LF out fwd Step RF back in place, Step LF back in place On above counts 1-8 bring both hand out and Inn fingers spread to front
SEC 6 1-2& 3-4 5-6 7&8	SYNCOPATED FWD ROCKS ¼ TURN, ½ WALKING CIRCLE, STEP LOCK STEP ¼ TURN Rock RF fwd, Recover back onto LF, Make ¼ turn R Step RF to R (3:00) Rock LF fwd, Recover back onto RF Make ¼ turn L Walk LF fwd, Make ¼ turn L Walk RF fwd (9:00) Make ¼ turn L step LF fwd, Lock RF behind LF, Step LF fwd (6:00)

