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A Little Help

32 count, 4 wall, beginner/intermediate level

Choreographer: Jezza (UK) February 2004

Choreographed to: With a Little Help From My

Friends by Sam & Mark CD single (118 bpm); Be With

You by Atomic Kitten, CD: Ladies Night (128 bpm)

32 Count Intro

Step Right Slide Left, Behind Side Cross, Side Rock Cross Hold,

- 1-2 Large Step Right To Right Side, Slide Left Nearly Up To Right,
- 3&4 Cross Left Behind Right, Step Right To Right, Cross Left Over Right,
- 5-6 Rock Right To Right Side, Recover Weight On Left,
- 7-8 Cross Right Over Left, Hold,

Large Step Back Left, Slide Right Back, Right Coaster, Toe Switches, Hold,

- 1-2 Large Step Back On Left, Slide Right Nearly Up To Left,
- 3&4 Step Back on Right, Step Left Next To Right, Step Forward On Right,
- 5&6 Touch Left Toe Forward, Step Left Next To Right, Touch Right Toe Forward
- &7-8 Step Right Next To Left, Touch Left Toe Forward, Hold,

Pivot 1/2 Turn Left, Rock Back Recover, Shuffle Forward, Rock Forward Recover

- &1-2 Bring Left Next To Right, Step Forward On Right, Pivot 1/2 Turn Left,
- 3-4 Rock Back on Left, Recover Weight On Right,
- 5&6 Shuffle Forward Left, Right, Left,
- 7-8 Rock Forward On Right, Recover Weight on Left,

3/4 Triple Turn Right, Sway Left Right, Shuffle 1/4 Turn, 3/4 Turn Left,

- 1&2 Triple $\frac{3}{4}$ Turn Right, Stepping Right Left Right (facing 3 o'clock)
- 3-4 Sway Left Then Right Hitching Left Knee,
- 5&6 Shuffle 1/4 Turn Left, Left, Right, Left,
- 7-8 Step Forward On Right, (Transferring Weight on Left) Turn 3/4 Left, (facing 3 o'clock)