



I Had Some Help

32 Count 4 Wall Absolute Beginner Level Dance.
Choreographed by: Lynne Williams (UK) Nov 2025
Choreographed to: I Had Some Help by Post Malone feat Morgan Wallen
Intro: 32 Counts. Start at approx 15 secs.

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SEC 1 FORWARD, TOUCH, BACK, TOUCH, VINE, TOUCH

- 1-2 Step right forward to right diagonal, touch left beside right
- 3-4 Step left back to left diagonal, touch right beside left
- 5-6 Step right to right side, cross left behind right
- 7-8 Step right to right side, touch left beside right

SEC 2 FORWARD, TOUCH, BACK, TOUCH, VINE ¼ TOUCH

- 1-2 Step left forward to left diagonal, touch right beside left
- 3-4 Step right back to right diagonal, touch left beside right
- 5-6 Step left to left side, cross right behind left
- 7-8 Turn ¼ left step left forward, touch right beside left

Restart Here on Wall 4

SEC 3 FORWARD TOUCH CLAP X 4

- 1-2 Step right forward, touch left beside right with clap at waist height
- 3-4 Step left forward, touch right beside left with clap at chest height
- 5-6 Step right forward, touch left beside right with clap at shoulder height
- 7-8 Step left forward, touch right beside left with clap at head height

SEC 4 BACK X4, HEEL FAN

- 1-2 Step back on right, step back on left
- 3-4 Step back on right, step back on left keeping weight on left
- 5-6 Raise right toes fan to right, fan toes left to centre
- 7-8 Fan toes right, fan toes left to centre

Ending At the end of Wall 11, after toe fan step ¼ left



Remember to Vote for your favourite dances at www.linedancerweb.com

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Email: scripts@linedancerweb.com