

# Help Me Make It

**Count:** 32    **Wall:** 4    **Level:** Intermediate

**Choreographer:** Double Trouble – Cathy and Kathy (Dec 2013)

**Music:** Help Me Make It Through the Night – Johnny Reid



**Start Dance after 16 counts, note you will count to 16 and then say &1 (start on 1)**

## **Basic Night Club to the Right, ¼ Turn to Left, Step Half Turn Step, Full Turn Shuffle to Right, Rock Forward Left, Recover Right.**

- 1-2 &                    Step right foot to right side, Rock left foot behind right, quickly recover onto right foot  
3                        Step left foot a ¼ turn to left.  
4 & 5                    Step right foot forward quickly step onto left foot while making ½ turn over left shoulder,. Step onto right foot.  
6 & 7                    Shuffle a full turn Right (Left, Right, Left) easy option shuffle forward  
8 & 1                    Rock your right foot forward, quickly recover weight back onto left, step back right.

## **Sweep back Left, Sweep Back Right, Rock Behind Recover Step, Rock Recover Step, Rock Recover Step Forward**

- 2 - 3                    With a sweeping motion, step back onto left foot, with a sweeping motion step back onto right foot.  
4 & 5                    Rock left foot behind right, quickly recover weight onto right, step left to left side.  
6 & 7                    Rock right foot behind left, quickly recover weight onto left, step right to right side.  
8 & 1                    Rock left foot behind right, quick recover weight onto right, step forward left.

## **Rock Right Forward Recover ¼ Turn Right, Cross Shuffle Left over Right, Step Half Turn Step over Left shoulder, Rock Left Back Recover Right.**

- 2 & 3                    Rock your right foot forward, quickly step onto left, and make ¼ turn to Right stepping right to right side.  
4 & 5                    Cross Shuffle your left over right (L R L) .  
6 & 7                    Step right foot slightly to right side, while quickly stepping onto your left foot make a ½ over your left shoulder, step side right.  
8 & 1                    Rock your left foot behind your right, quickly recover onto your right, step your left to the left side.

## **Rock Right Behind Recover ¼ turn, Step Left ½ Turn right, Walk Fwd Right Left, Sway Hips Right Left, and start again.**

- 2 & 3                    Rock Right foot behind left, quickly recover weight onto left, step a ¼ turn right onto right foot.  
4 & 5                    Step forward Left, quickly make a half turn to the right onto right foot, then step on left.  
6 – 7                    Walk forward Right Left.  
8 &                        Quickly sway your hips Right, Left, (step your right foot to right side to start your dance again on count 1 above.

**Begin again.**

**Dedicated to our Fathers, we love you.**

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