

# Help Me

**Count:** 32    **Wall:** 4    **Level:** Improver

**Choreographer:** Hayley Wheatley (UK) Alexis Strong (UK) January 2018

**Music:** Boa Me by Ed Sheeran Feat Fuse ODG And Mugeez (iTunes)



## Start On Vocals

### **[1-8] RIGHT SIDE ROCK RECOVER, BALL- STEP TOUCH, RIGHT SIDE, BEHIND, 1/4 RIGHT SHUFFLE.**

1-2                      Rock R To R (1) Recover On L (2)  
&3-4                    Step R Beside L (&) Step L To L Side (3) Touch R Beside L (4)  
5-6                      Step R To R Side (5) Cross L Behind R (6)  
7&8                     Making 1/4 Turn R, Step On R (7) Step L To R (&) Step R Fwd (8) 3:00

### **[9-16] LEFT PIVOT 1/2 TURN, LEFT TRIPLE 1/2 TURN, X4 BOOGIE WALKS BACK.**

1-2                      Step L Fwd (1) Pivot 1/2 Turn, Step On R (2) 9.00  
3&4                     Making 1/2 Turn R, Step On L (3) Step R To L (&) Step Back On L (4) 3.00  
5-6                      Step Back On R, Twist L Heel Towards Centre (5) Step Back On L, Twist R Heel  
                                 Towards Centre (6)  
7-8                      Repeat Counts 5-6 3.00

### **[17-24] RIGHT COASTER STEP, CROSS, POINT, CROSS SIDE CROSS, LEFT SIDE ROCK, RECOVER.**

1&2                     Step Back On R (1) Step Back On L (&) Step Fwd On R (2)  
3-4                      Cross L Over R (3) Point R To R (4)  
5&6                     Cross R Over L (5) Step L To L (&) Cross R Over L (6)  
7-8                      Rock L To L (7) Recover On R (8)

### **[25-32] SAILOR 1/4 TURN, x2 1/8 PADDLE POINTS, RIGHT FORWARD MAMBO, TOUCH, KNEE POPS X2.**

1&2                     Cross L Behind R (1) Making 1/4 Turn L, Step On R (&) Step On L (2) 12:00  
3-4                      Making 1/8 Turn L , Point R Toe (weight on L) Making 1/8 Turn L, Point R Toe  
                                 (Weight On L) 9:00  
5&6                     Mambo R Fwd (5) Recover On L (&) Touch R To L (6)  
7-8                      Drop Weight On R, Pop L Knee (7) Drop Weight On L, Pop R Knee (8).

**Enjoy!!**