

Little Help



Offizielle Tanzbeschreibung des
*** Bundesverband für Country Westertanz Deutschland e.V. ***

Breitensportturnier 2022

Description: 2 Wall, 32 Counts, Country, 1 Tag
Level: **Social Beginner - Dance A**
Motion / Rhythm: East Coast Swing
Music: Little Help (feat. Mimi & Josy) - The BossHoss
Choreographer: Laura Kiehne, Ulrich Kiehne

CHASSÉ R, BACKROCK LF, CHASSÉ L, BACKROCK RF

1&2 Step RF to right side, step LF next to RF, step RF to right side
3,4 Step LF behind RF, recover weight to RF
5&6 Step LF to left side, step RF next to LF, Step LF to left side
7,8 Step RF behind LF, recover weight to LF

SHUFFLE FORWARD, STEP, ½ TURN R, SHUFFLE FORWARD, STEP, ½ TURN L

1&2 Step RF forward, step LF next to RF, step RF forward
3,4 Step LF forward, turn ½ right, recover weight forward to RF
5&6 Step LF forward, step RF next to LF, step LF forward
7,8 Step RF forward, turn ½ left, recover weight forward to LF

HEEL GRIND R, COASTER STEP R, HEEL GRIND L, COASTER STEP L

1,2 Rock forward on R heel arcing toe out to side, recover weight back to LF
3&4 Step RF back, step LF next to RF, step RF forward
5,6 Rock forward on L heel arcing toe out to side, recover weight back to RF
7&8 Step LF back, step RF next to LF, step LF forward

MONTEREY TURN R ½, ROCKING CHAIR

1,2 Touch R toe to R side, ½ turn R, step together
3,4 Touch L toe to L side, step together
5,6 Step RF forward, recover weight to LF
7,8 Step RF back, recover weight to LF

TAG: (After Wall 4, facing 12:00)

V-STEP, 2X KICK BALL CHANGE

1,2 Step RF diagonally forward, step LF diagonally forward
3,4 Step RF back to center, step LF back to center
5&6 Kick RF forward, step RF next to LF, step LF in place
7&8 Kick RF forward, step RF next to LF, step LF in place