



AB LET ME HELP

Choreographed by **Wanda Heldt** - Perth W.A - *Revamp* March 2022

Music:- **I Can Help** by The Bellamy Brothers

Alternate:- **Boogie Fever** by The Sylvers / **Footsteps** by Daniel O'Donnell

Directions:- 32 Count - 4 wall - Beginner Line dance. No Tags or Restarts

Revamp a 2016 Dance of mine - And dance Still fits my Original Song "I Can Help"- Keeping My Beginners & Guests on the dance floor - It's Always about having FUN.

Split floor:-Cold Heart / Champagne Promise [No Tag] / D.I.S.C.O Boogie / I'M No Latino / I Won't Back Down

Video just to give the gist of the dance to Cold Heart music:-

<https://youtu.be/evRvf1E49m0> **[Teach]**

<https://youtu.be/QP35AO77q70> **[Demo]**

1 BACK, TAP, FORWARD TAP, BACK TAP, FORWARD, TOUCH

1-2 Step back on Right, Touch Left toe front of Right. [*Body R.Diagonal or to 3:00*]

3-4 Step forward on Left, Tap Right toe behind Left. to [12:00]

5-6 Step back on Right, Tap Left toe foot of Right. [*Body R.Diagonal or to 3:00*]

7-8 Step forward on Left, Touch Right toe next to Left.[12:00]

As you step Back on R & Touch bump L.Hip /Fwd L & Touch Bump R. Repeat...Have FUN with them hips.

1. WALK FORWARD R.L.R. POINT, WALK BACK L.R. 1/4 TURN L. POINT

1-4 Walk forward R.L.R. Point left to Left side.

5-8 Walk back L.R. Turn a 1/4 Left stepping on Left [*Lean body to Left*] Point Right to side. **[9:00]**

2. RIGHT VINE, LEFT VINE Or ROLLING VINE R & L

1-4 Step Right, Step Left behind Right, Step Right, Touch next to Right.

5-8 Step Left, Step Right behind Left, Step Left, Touch Right next to Left. **[9]**

4. 2 x 1/4 PADDLE TURN LEFT,

TO RIGHT DIAGONAL - HIP BUMPS R. L.R. L [*Body facing L. Diagonal*]

1-2 Step forward on Right turn 1/4 turn Left, Recover on Left. **[6:00]**

3-4 Step forward on Right turn 1/4 turn Left, Recover on Left **[3:00]**

5-8 Step forward to R. Diagonal. [*Body facing L. Diag.*] Hips Bumps R.L.R.L
[*Wt. on Left - while Still facing L. Diagonal.*]

Restart HAVE FUN IN LIFE & IN DANCE.

Youtube/ FB Wanda Heldt / Silver Star Wanda'ers / AB & Beginners Only

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