



I Can Help

Choreograph: Maite Alemany

32 count, 4 wall, 1 restart, beginner

Music: I Can Help You – Shane Yellowbird

Sect: 1	Long step side R, slide, back rock, step side & touch L-R
1-2	Step large step right, slide left
3-4	Back rock left, return right
5-6	Step left to left, touch (stomp) right beside
7-8	Step right to right, touch (stomp) left beside
Sect: 2	Step side L with ¼ turn R, hook R, step-lock, shuffle fwd R, rock fwd L
1-2	Step left to left with ¼ turn right, hook right in front of left
3-4	Step fwd right, lock left behind right
5&6	Step fwd right, step left beside right, step fwd right
7-8	Rock fwd left, return right
Sect: 3	Shuffle back L, toe strut ½ turn R x 2, rock back R
1&2	Step left back, step right beside left, step left back
3-4	Point right toe back, ½ turn right foot taking weight
5-6	Point left toe fwd, ½ turn right left foot taking weight
7-8	Rock back right, return left
	Restart at wall 9 (12.00)
Sect: 4	Point cross x 3 , ½ unwind, hold
1-2	Point right toe to right, cross right over left
3-4	Point left toe to left, cross left over right
5-6	Point right toe to right, cross right over left
7-8	½ turn unwind, hold