



HELP ME, HELP ME

Choreographers: Bill Larson & Travis Taylor, August 2012
 Song: '50 ways to Say Goodbye' by Train
 CD: California 37 (140bpm) 4:08
 4 Wall, 64 Count, (Phrased) Intermediate Line Dance - CCW
 You Tube Video Link: <http://youtu.be/2lXJkCle9Mk>

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Steps	Actual Footwork	Direction	Calling Suggestion
Section 1 1,2 3&4 5,6 7&8	Cross Side, Sailor Cross, Side Rock, Cross Shuffle Cross R over L, Step L to side Step R behind L, Step L to Side, Cross R over L Step L to side, Recover weight onto R Cross shuffle Right: Stepping L, R, L	Travel Left Travel Left On the Spot Travel Right	Cross Side Sailor Cross Side Rock Cross Shuffle
Section 2 1 2 3&4 5,6 7&8	Turn Turn Shuffle fwd, Step fwd Rock, Coaster <i>turning 1/4 turn L</i> Step back on R (9:00) <i>turning 1/4 turn L</i> Step L to side (6:00) Shuffle fwd: Stepping R, L, R Step L fwd, Recover weight onto R Step back on L, Step R beside L, Step L fwd	Turning Left Turning Left Travel Fwd On the Spot	1/4 Turn 1/4 Turn Shuffle Forward Rock Coaster
Section 3 1,2 3&4 5,6 7&8	Cross, Side Sailor Cross, Side Rock, Cross Shuffle Cross R over L, Step L to side Step R behind L, Step L to Side, Cross R over L Step L to side, Recover weight onto R Cross shuffle Right: Stepping L, R, L	Travel Left Travel Left On the Spot Travel Right	Cross Side Sailor Cross Side Rock Cross Shuffle
Section 4 1 2 3 4 Substitute Steps 5,6 7,8	Turn Turn, Roll full turn fwd, Step Rock, Rocking Chair <i>turning 1/4 turn L</i> Step back on R (3:00) <i>turning 1/4 turn L</i> Step L to side (12:00) <i>turning 1/2 turn L</i> Step back on R (6:00) <i>turning 1/2 turn L</i> Step L fwd (12:00) <i>counts 3,4 are a full rolling turn forward</i> Substitute counts 3,4 with 2 walks forward R, L Step R forward, Recover weight onto L Step back onto R, Recover weight onto L ** Restart here on wall 3	Turning Left Turning Left Travel Fwd On the Spot	1/4 Turn 1/4 Turn Roll Forward Rocking Chair
Section 5 1,2 3&4 5,6 7,8	Step Drag, Ball Cross Step, Touch Unwind, Cross Rock <i>turning 1/4 turn L</i> Step R to R side, Drag L up beside R (9:00) Step L beside R (&), Cross R over L, Step L to L side Touch R behind L, <i>turning 1/2 turn R</i> Unwind (weight on R) (3:00) Cross Rock L over R, Replace weight on R	Turning Left Travel Left Turning R On the Spot	1/4 Step Drag Ball Cross Side Touch, Unwind Cross Rock
Section 6 1&2 3,4 5&6 7&8 Substitute Steps	Shuffle Turn, Step Pivot, Shuffle Turn, Shuffle Turn <i>turning 1/4 turn L</i> Shuffle fwd L, R, L (12:00) Step fwd on R, Pivot 1/2 turn L (6:00) <i>turning 1/2 turn L</i> Shuffle Back: R, L, R (12:00) <i>turning 1/2 turn L</i> Shuffle fwd: L, R, L (6:00) Substitute counts 5&6, 7&8 with 2 shuffles forward	Turning Left Turning Left Turning Left Turning Left	1/4 Shuffle Fwd Pivot 1/2 Turn 1/2 Turn Shuffle 1/2 Turn Shuffle
Section 7 1&2 3&4 5,6 7,8	Cross Side Rock, Cross Side Rock, Jazz Box Turn Cross R over L, Step L to L side, Rock weight on R (<i>travelling slightly fwd</i>) Cross L over R, Step R to R side, Rock weight on L (<i>travelling slightly fwd</i>) Cross R over L, Step back L <i>turning 1/4 turn R</i> Step R to R side, Cross L over R (9:00)	Travel Fwd Travel Fwd On the Spot Turning R	Cross Samba Cross Samba Jazz 1/4 Turn
Section 8 1,2 3,4 5,6 7,8	Side Behind Turn Step, Turn Turn Behind Side (Figure 8) Step R to R side, Step L behind R <i>turning 1/4 turn R</i> Step fwd on R, Step fwd on L (12:00) Pivot 3/4 turn R, (<i>weight on R</i>) Step L to L side (9:00) Step R behind L, Step L to L side	Travel R Turning R Turning R Travel Left	Side, Behind Quarter, Step Pivot 3/4, Step Behind, Side
Tags: 1,2 3&4 5,6 7&8	After Wall 1 (9:00), Wall 4 (3:00), and Wall 6 "dance tag twice" (9:00) add the following Cross R over L, Recover weight onto L Shuffle to R side: Stepping R, L, R Cross L over R, Recover weight onto R Shuffle to L side: Stepping L, R, L		
Restart:	During Wall 3 (6:00) Dance sections 1 – 4 (32 counts **) then restart dance facing (6:00)		