

I Had Some Help

Count: 32

Wall: 4

Level: Beginner

Choreographer: Trent Duncan & Narelle Duncan - May 2024

Music: I Had Some Help - Post Malone feat. Morgan Wallen

No Restarts, Or Tags

** 32 Count Into - Start on Lyrics

[1-8] Heel Toe x4, Vine Right

1-4 Tap R Heel Fwd at 45, Tap R Toe Back at 45deg, Tap R Heel fwd at 45deg, Tap R toe back at 45deg.

***(Optional Dwight Twists - As you place your R Heel fwd twist your L heel to R, Place R toe back twist L toes R, repeat as you move)**

5-8 Vine R, Touch - Step R to R Side, Step L Behind R, Step R to R side, Touch L beside R.

[9-16] Heel Toe x3, Vine Left

1-4 Tap L Heel Fwd at 45, Tap L Toe Back at 45deg, Tap L Heel fwd at 45deg, Tap L toe back at 45deg.

***(Optional Dwight Twists - As you place your L Heel fwd twist your R heel to L, Place L toe back twist R toes L, repeat as you move)**

5-8 Vine L, Touch - Step L to L Side, Step R Behind L, Step L to L side, Touch R beside L.

[17-24] Step Kick, Back Touch, Walk RL, ½ Pivot

1-4 Step R fwd, Kick L fwd, Step Back L, Touch R toe Back

5-6 Walk Fwd R, Walk Fwd L

7-8 Step R Fwd, Pivot ½ Turn L weight onto L

[25-32] Shuffle Fwd RLR, Shuffle Fwd LRL, Jazz Box

1&2 Shuffle Fwd RLR - Step R fwd, Step L beside R, Step R Fwd

3&4 Shuffle Fwd LRL - Step L Fwd, Step R beside L, Step L Fwd

5-8 ¼ Turn R Jazz Box - Step R across L, Step L Back, Turning ¼ Turn R Step R to R side, Step L Next to R

End of Dance

Video Teach and Demo available on Youtube @TropicalBoots

Email: trentduncan_@outlook.com Website: www.tropicalboots.net

Enjoy the Music and the Dance 😊