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Help Me Make It Through The Night

Choreographer: Guylaine Bourdages

Count: 32

Wall: 4

Level: Improver

Intro: 16 counts

Music: "Help Me Make It Through The Night" by Anne Murray

[1-8] (LF) Forward, 1/2L, (RF) Back, (LF) Coaster Step, (RF) Forward, 1/2 turn R, (LF) Back, RF Coaster Step

1-2 Step Left Forward, turn 1/2 Left Step Right Foot back

3&4 (Coaster Step) Step LF Back, RF beside LF, LF Forward

5-6 RF Forward, Turn 1/2 Right, LF Back

7&8 (Coaster Step) RF Back, LF beside RF, RF Forward

[9-16] (LF) Cross Rock, and Cross, 1/8L LF Diagonal L and (Hitch RF), Coaster Hitch, Back, 1/8R Side , Cross front

1-2 (Cross Rock Step) LF Cross in front of RF, Recover Weight onto RF

&3-4 LF to Left, RF cross in front of LF, 1/8L LF diagonal Left and Hitch RF

5&6 (Coaster + Hitch) RF Back, LF beside RF, RF forward & Hitch with LF

7&8 LF Back, RF to Right 1/8R, LF cross in Front of RF

[17-24] Hip Sway Right, Left, RLR, Turn 1/4L, Turn 1/2L, 1/2L + Lock Step forward LRL

1-2 Hip Sway Right, Left

3&4 Hip Sway Right, Left, Right (Turn your body to the right for the body fly)

5-6 1/4Left LF Forward, 1/2L RF Back

7&8 1/2Left (Lock Step Forward) LF Forward, Lock RF behind RF, LF Forward

[25-32] Sweep & (RF) Jazz Box and (LF) Jazz Box and (RF) Jazz Box and Touch

1-2 Sweep RF from back to front, RF Cross in Front of LF, LF Back

&3-4 RF Back, LF cross in front of RF, RF Back

&5-6-7-8 LF Back, RF cross in front of LF, LF back, RF to Right, LF Touch beside RF

Start Again

NOTE :

Continue until the end of the song with the hip sway to finish face of the first wall (12H)