

A HELPING HAND

Choreographer: Alan G. Birchall (Sept. 2000)

Music Researched By: Brian Harrison

Level: Beginner/Intermediate

Dance: Four-Wall Line-dance

Steps/Count: 64

Music: **Children Need A Helping Hand** – Nsync, Backstreet Boys, LFO, DJ Lobo BPM: 110

Heading for the Light – Travelling Wilburys BPM: 130

Chasin' That Neon Rainbow – Alan Jackson BPM 125

Written For The L.D.T.A Charity Dance Jan 2001 In Aid Of The Rainbow Trust

STEPS

VINE RIGHT, SCUFF, VINE LEFT, SCUFF (Holding Hands)

- 1-2 Step Right To Right, Cross Left Behind Right
3-4 Step Right To Right, Scuff Left (or Touch) By Right
5-6 Step Left To Left, Cross Right Behind Left
7-8 Step Left To Left, Scuff Right By Left

CROSS ROCK, RECOVER, ½ SHUFFLE TURN RIGHT, CROSS ROCK, RECOVER, ½ SHUFFLE TURN LEFT

- 9-10 Rock Right Over Left, Recover On Left
11&12 Make ½ Shuffle Turn Right Stepping Right, Left, Right
13-14 Rock Left Over Right, Recover On Right
15&16 Make ½ Shuffle Turn Left Stepping Left Right Left

STEP, ½ PIVOT, STEP ¼ PIVOT, VINE RIGHT, SCUFF

- 17-18 Step Forward On Right, Make ½ Pivot Left
19-20 Step Forward On Right, Make ¼ Pivot Left
21-22 Step Right To Right, Cross Left Behind Right
23-24 Step Right To Right, Scuff Left (or Touch) By Right

VINE LEFT, SCUFF, SHUFFLE FORWARD RIGHT & LEFT (Holding Hands)

- 25-26 Step Left To Left, Cross Right Behind Left
27-28 Step Left To Left, Scuff Right By Left
29&30 Step Forward On Right, Step Left By Right, Step Forward On Right
31&32 Step Forward On Left, Step Right By Left, Step Forward On Left

ROCK FORWARD, RECOVER, SHUFFLE BACK RIGHT & LEFT, ROCK BACK RECOVER (Holding Hands)

- 33-34 Rock Forward on Right, Recover On Left
35&36 Step Back On Right, Step Left By Right, Step Back on Right
37&38 Step Back on Left, Step Right By Left, Step Back on Left
39-40 Rock Back On Right, Recover On Left

HEEL SWITCH'S WITH ¼ TURNS & CLICKS

- 41& Step Right Heel Forward, Step Right In Place
42& Touch Left Heel Forward, Step Left In Place
43-44 Step Forward On Right, Make ¼ Turn To Left (Click Fingers)
45& Step Right Heel Forward, Step Right In Place
46& Touch Left Heel Forward, Step Left In Place
47-48 Step Forward On Right, Make ¼ Turn To Left (Click Fingers)

SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE, ROCK RECOVER

- 49&50 Step Right To Right, Step Left By Right, Step Right To Right
51-52 Rock Back On Left, Recover On Right
53&54 Step Left To Left, Step Right By Left, Step Left To Left
55-56 Rock Back On Right Recover On Left

STEP, CROSS KICKS WITH CLAPS

- 57-58 Step Right To Right, Kick Left Over Right (Clap Hands)
59-60 Step Left To Left, Kick Right Over Left (Clap Hands)
61-62 Step Right To Right, Kick Left Over Right (Clap Hands)
63-64 Step Left To Left, Kick Right Over Left (Clap Hands)

START AGAIN

