

# I HAD SOME HELP

**Count:** 32. **Wall:** 4. **Level:** Beginner

**Choreographer:** Trent Duncan (AUS) & Narelle Duncan (AUS) - May 2024

**Music:** I Had Some Help by Post Malone (feat. Morgan Wallen). Album: I Had Some Help

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**INTRO: 32 count. Weight on L. No Tags, No Restarts.**

**HEEL FORWARD, TOE BACK, HEEL FORWARD, TOE BACK, VINE RIGHT, TOUCH**

1-4 Tap R heel forward, Tap R toe back, Tap R heel forward, Tap R toe back

5-8 Step R to right, Step L behind R, Step R to right, Touch L beside R

**OPTION: counts 1-4 Dwight Yoakam Swivels**

**HEEL FORWARD, TOE BACK, HEEL FORWARD, TOE BACK, VINE LEFT, TOUCH**

1-4 Tap L heel forward, Tap L toe back, Tap L heel forward, Tap L toe back

5-8 Step L to left, Step R behind L, Step L to left, Touch R beside L

**OPTION: counts 1-4 Dwight Yoakam Swivels**

**STEP, KICK, BACK, TOE BACK, WALK, WALK, STEP, PIVOT 1/2 LEFT**

1-4 Step R forward, Kick L forward, Step L back L, Touch R toe back

5-6 Step R forward, Step L forward

7-8 Step R forward, Pivot 1/2 left **[6:00]**

**SHUFFLE, SHUFFLE, JAZZ BOX 1/4 RIGHT, TOGETHER**

1&2 Step R forward, Step L beside R, Step R forward

3&4 Step L forward, Step R beside L, Step L forward

5-8 Cross R over L, Turn 1/8 right step L back, Turn 1/8 right step R to right, Step L beside R **[9:00]**

**32 REPEAT**