



Help Me Cha Cha

Choreographed by Anne Bradbury

Description:

32 count, 2 wall, beginner/intermediate line dance

Music:

Please Help Me I'm Falling by The Sweethearts Of The Rodeo [120 bpm]

ROCK FORWARD BACK, CHA-CHA BACK, ROCK BACK FORWARD, CHA-CHA FORWARD

1-2 Rock forward on left, rock back on right

3&4 Cha-cha back left, right, left

5-6 Rock back on right, rock forward on left

7&8 Cha-cha forward right, left, right

STEP HOLD, ROCK RETURN, STEP HOLD, ROCK RETURN

9-10 Step left across right, hold

11-12 Rock right to right, return weight

13-14 Step right across left, hold

15-16 Rock left to left, return weight to right

ROCK FORWARD BACK, CHA-CHA BACK, TOUCH UNWIND, TOUCH UNWIND

17-18 Rock forward on left, rock back on right

19&20 Cha-cha back left, right, left

21-22 Touch right back, unwind $\frac{1}{2}$ right taking weight on left

23-24 Touch right back, unwind $\frac{1}{4}$ right taking weight on left

TOUCH AND STEP, TOUCH AND STEP, TOUCH AND STEP, STEP SCUFF

25&26 Touch right toe beside left foot, step right down beside left, step left to left side

27&28 Touch right toe beside left foot, step right down beside left, step left to left side

29&30 Touch right toe beside left foot, step right down beside left, step forward on left

31-32 Step forward on right, scuff left forward

REPEAT