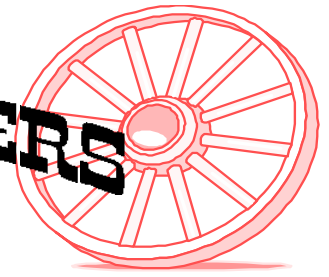




COUNTRY CLUB DANCERS



Had Some Help

Dance taught by Karen
Blazer for the Country
Club Dancers 09-23-2024

Choreographed by: Dustin Valcalda (USA), dustinvalcalda@hotmail.com, and
Sierra Gil (USA), sgil2013@gmail.com, May 2024

Description: 32 count 4 wall Beginner line dance

Music: ***I Had Some Help*** by Post Malone (featuring Morgan Wallen), 128 bpm,
Single: May 2024

Intro: 32 counts, weight starts on left foot

1 – 8 Step, Sweeping scuff, Step, Sweeping scuff, Rocking chair

1-2 Step RF forward, Scuff LF forward around RF (12:00)

3-4 Step LF forward, Scuff RF forward around LF (12:00)

5-6 Rock RF forward, Recover weight LF (12:00)

7-8 Rock RF back, Recover weight LF (12:00)

9 – 16 Walk, Walk, Kick ball Step, ¼ Pivot, ¼ Pivot

1-2 Walk RF forward, Walk LF forward (12:00)

3&4 Kick RF forward, Ball RF slightly forward, Step LF forward (12:00)

5-6 Step RF forward, Pivot ¼ L weight recovering LF (9:00)

7-8 Step RF forward, Pivot ¼ L weight recovering LF (6:00)

Restart here 16 counts into wall 4

17 – 24 Cross, Side, Behind, Side point, Cross, Side, Behind, Side point

1-2 Cross RF over LF, Step LF to L side (6:00)

3-4 Cross RF behind LF, Point LF to L side (6:00)

5-6 Cross LF over RF, Step RF to R side (6:00)

7-8 Cross LF behind RF, Point RF to R side (6:00)

*Styling Note: During the chorus on counts 1-4, begin reaching your right hand up for a
“bottle off the shelf” and take a drink on count 4*

25 – 32 ¼ Jazz box, Stomp, Stomp, Hip sways

1-2 Cross RF over LF, Step LF diagonal back with ⅛ turn R (7:30)

3-4 Step RF to R side with ⅛ turn R, Step LF forward (9:00)

5-6 Stomp RF slightly R, Stomp LF slightly L (9:00)

7-8 Sway hips to R, Sway hips to L (9:00)

*Choreographer's Note: This dance can also be done in sweetheart position with a partner.
Check out our Sweetheart Demo to see how it's done!*