

# Had Some Help

Choreographer: Dustin Valcalda & Sierra Gil

Level: Beginner

Counts: 32

Type Dance: 4 Wall

Intro: 32 Counts

Music: I Had Some Help – by Post Malone (ft. Morgan Wallen)



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## [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 Note: Restart happens 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 w/ 1/8 turn R (7:30)
- 3-4 Step RF to R side w/ 1/8 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)

**Start Again**

**Note: This dance can also be done in sweetheart position with a partner!**

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