



Help Me

32 Count, 4 Wall, Improver
Choreographer: Hayley Wheatley & Alexis Strong (UK)
Jan 2018
Choreographed to: Boa Me by Ed Sheeran,
ft. Fuse ODG And Mugeez

Start On Vocals

Section 1 **Right Side Rock Recover, Ball- Step Touch, Right Side, Behind, 1/4 Right Shuffle.**

1-2 Rock R To R (1) Recover On L (2)
&3-4 Step R Beside L (&) Step L To L Side (3) Touch R Beside L (4)
5-6 Step R To R Side (5) Cross L Behind R (6)
7&8 Making 1/4 Turn R, Step On R (7) Step L To R (&) Step R Fwd (8) 3:00

Section 2 **Left Pivot 1/2 Turn, Left Triple 1/2 Turn, X4 Boogie Walks Back.**

1-2 Step L Fwd (1) Pivot 1/2 Turn, Step On R (2) 9.00
3&4 Making 1/2 Turn R, Step On L (3) Step R To L (&) Step Back On L (4) 3.00
5-6 Step Back On R, Twist L Heel Towards Centre (5) Step Back On L, Twist R Heel Towards Centre (6)
7-8 Repeat Counts 5-6 3.00

Section 3 **Right Coaster Step, Cross, Point, Cross Side Cross, Left Side Rock Recover.**

1&2 Step Back On R (1) Step Back On L (&) Step Fwd On R (2)
3-4 Cross L Over R (3) Point R To R (4)
5&6 Cross R Over L (5) Step L To L (&) Cross R Over L (6)
7-8 Rock L To L (7) Recover On R (8)

Section 4 **Sailor 1/4 Turn, X2 1/8 Paddle Points, Right Forward Mambo, Touch, Knee Pops X2.**

1&2 Cross L Behind R (1) Making 1/4 Turn L, Step On R (&) Step On L (2) 12:00
3-4 Making 1/8 Turn L, Point R Toe (weight on L) Making 1/8 Turn L, Point R Toe (Weight On L) 9:00
5&6 Mambo R Fwd (5) Recover On L (&) Touch R To L (6)
7-8 Drop Weight On R, Pop L Knee (7) Drop Weight On L, Pop R Knee (8).

Enjoy!