

I CAN HELP III

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MUSIC: SP "I CAN HELP" (flip Jean III) or contact choreographers

PHASE: III+2 (TRIPLE WHEEL, MARCHESSI)

SEQUENCE: INTRO AA B AC BA C (1-6.5) TAG Release date: April, 2006

INTRO

1-2 LOP FCG PTR/WALL WAIT 2 MEAS;-;

1-2 Lead ft free LOP fcg Ptr/wall wait 2 meas;-;

3-6 LINK RK & RK REC;-; SLOW RK THE BOAT 2X'S;-;

3-4 Rk apt L, rec R, small chasse fwd L/R,L; Sd R/L,R, rk bk L into SCP LOD, rec R;

5-6 Fwd L with straight knee leaning fwd,-, with rocking motion & relaxed knees cl R leaning backward,-; Repeat MEAS 5;

7-10 THROWAWAY; CHG HANDS BEH BK (RLOD) ~ CHG R to L (WALL):-;-;

7 Chasse twd LOD L/R,L (W trng LF to fc ptr), chasse R/L,R release hold & lead W to chasse sd & back twd LOD end LOFP man fcg LOD;

8-10 Rk apt L, rec R, chasse fwd L/R,L trn LF chg W's R hnd to M's R hnd; Chasse R/L,R trn LF chg W's R hnd to M's L hnd beh M's back M fcg RLOD, rk apt L, rec R; Chasse L/R, L trng LF fc WALL (W chasse R/L,R twd wall trn $\frac{3}{4}$ RF under jnd ld hnds to fc ptr & COH), small chasse R/L,R;

PART A

1-3 CHG L/R (RLOD) ~ CHG HNDS BEH BK L OPEN BOTH FC WALL:-;-;

1-3 [Chg L/R] Rk apt L, rec R, in pl L/R,L trn RF to fc RLOD (W chasse R/L,R trn LF under jnd ld hnds fc LOD & ptr); sd chasse R/L,R, [chg hnds beh bk] rk apt L, rec R; chasse L/R, L., R/L R both fac WALL;

4-5 RK & SLIDE LADY IN FRONT; RK & SLIDE MAN IN FRONT;

4-5 [Rk & Slide] X rk Lib of R, rec R, sliding beh W sd chasse L/R,L (X rk Rib of L, rec R, sliding in front of M sd chasse R/L,R) to join trailing hnds & end OP both facg WALL; [Rk & Slide] X rk Rib of L, rec L, slide in front of W sd chasse R/L,R (X rk Lib of R, rec L slide behind M sd chasse L/R,L) to join ld hnds & end LEFT OPEN BOTH FACG WALL;

6-7 CHG L/R FC WALL & RK, REC to HANDSHAKE;-;

6-7 [Chg L/R] X rk Lib of R, rec R, chasse L/R,L; Sd chasse R/L, R to end fcg WALL, rk apt L, rec R to handshake;

8-12 TRIPLE WHEEL 3 & SPIN FC LOD;-; LINK RK FC;-; RK APT,REC; KICK/BALL CHG 2X'S;

8-9 [Triple wheel] Wheel L/R,L,R/L,R; L/R,L to fc LOD, R/L,R spinning W RF to LOP LOD;

10-12 [Link Rk] Rk apt L, rec R, sd L/R,L; Sd R/cl L, R to fac, rk apt L, rec R; [KBC] kick L fwd/take weight on ball of L ft, replace weight on R REPEAT;

>>>>>REPEAT A

PART B

1- 4 JIVE WALKS;-; SWIVEL WALK 4;-; 2 POINT STEPS;-; KICK/BALL CHANGE;

1-4 [Jive Walks] Rk apt L, rec R blend SCP, fwd chasse L/R,L; R/L,R; [Swvl Walk] fwd L,R; L,R, [2 point stps] pt L, fwd L; pt R, fwd R [KBC] kick L fwd/take weight on ball of L ft, replace weight on R;

5-8 2 FORWARD TRIPLES; THROWAWAY; DBL ROCK; CHG L/R;

5-6 [2 fwd triples] Fwd L/R,L, R/L,R; [throwaway] small fwd chasse L/R,L, sd chasse R/L,R (W PU R/L,R, chasse sd & bk L/R,L);

7-8 [Dbl Rk] Rk apt L,R,L,R; [Chg L/R no extra rk in pl L/R, L trn RF to fc WALL, sd chasse L/R,L trng LF to fc WALL;

>>>>>REPEAT A

PART C

1 – 4 SLOW MARCHESI;-:-:-;

1-4 [Slow Marchessi] Blend loose CP & lower ld hnds fwd L heel to Wall, rec R, bk L toe, rec R;
Fwd L heel, rec R, L heel fwd, rec R; L toe bk, rec R, L heel fwd, rec R, L toe bk, rec R, L toe bk, rec R;

5 – 8 2 RT TURNING TRIPLES; RT TURNING FALLAWAY & FALLAWAY RK;-:-;

5 [2 Rt trng triples] Fwd chasse L/R,L trng RF, cont RF trn chasse R/L,R to end SCP RLOD;

6-8 [Rt Trmg fallaway] Rk bk L, rec R, fwd chasse L/R,L trng RF; Cont trn chasse R/L,R to
SCP LOD, [Fallaway Rk] rk bk L, rec R to fac; Sd chasse L/R, L, sd chasse R/L,R;

>>>>>>REPEAT B

>>>>>>REPEAT A

>>>>>>REPEAT C 1-6.5 MEAS (THRU RT TRNG FALLAWAY)

TAG

1 RK BACK SCP,REC, KICK/BALL CHG, QK APT;

1 Blend SCP rk bk L, rec R, kick L fwd/take weight on ball of L, replace weight on R, stp apt L;