

I HAD SOME HELP

Level: Easy Intermediate **Genre:** Country
Artist: Post Malone feat Morgan Wallen
Choreo: Jan Cole
Speed: Minus 10 to Minus 5% **Length:** 2:58
Sequence: Intro, A, B, C, D, A, B, C, D*, E, C, D* End
Wait: 16 beats



Quick Cues

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Intro (16 beats)

16 2 Clogover Slur Turn (1/2L)

Part A (32 beats)

8 2 Hard Step
8 Cowboy
8 2 Vine (L & R)
4 Rocking Chair
4 Rocker

Part B (32 beats)

8 Rockaway Reverse Double
(1/2R)
8 2 Slur Brush (L & R)
8 Samantha
4 Pivot Chain (1/2L)
4 Latin Stomps (Rft)

Part C (32 beats)

4 Stomp Double
4 Macnamara (Rft)
4 Stomp Double (Rft)
4 Macnamara
8 2 Windster
4 Fancy Double
4 2 Back Touch

Part D (16 beats)

4 2 Slur Step (L)
4 Fancy Triple
8 REPEAT OPP FOOTWORK & DIR

Part A (32 beats)

8 2 Hard Step
8 Cowboy
8 2 Vine (L & R)
4 Rocking Chair
4 Rocker

Part B (32 beats)

8 Rockaway Reverse Double
(1/2R)
8 2 Slur Brush (L & R)
8 Samantha
4 Pivot Chain (1/2L)
4 Latin Stomps (Rft)

Part C (32 beats)

4 Stomp Double
4 Macnamara (Rft)
4 Stomp Double (Rft)
4 Macnamara
8 2 Windster
4 Fancy Double
4 2 Back Touch

Part D* (32 beats)

4 2 Slur Step (L)
4 Fancy Triple
4 2 Basic (1/4R ea)
4 Triple (Rft)
16 REPEAT

Part E (32 beats)

4 Stepping Vine (L)
4 Rocking Chair (Rft)
8 2 Donkey (R&L)
4 Stepping Vine (R)
4 Rocking Chair
4 Donkey
4 Latin Stomps (Rft)

Part C (32 beats)

4 Stomp Double
4 Macnamara (Rft)
4 Stomp Double (Rft)
4 Macnamara
8 2 Windster
4 Fancy Double
4 2 Back Touch

Part D* (32 beats)

4 2 Slur Step (L)
4 Fancy Triple
4 2 Basic (1/4R ea)
4 Triple (Rft)
16 REPEAT

End (1 beat)

1 Rock Heel

Step Definitions - I Had Some Help

CLOGOVER SLUR TURN:

DS (OTS) DS (XIF) DS (OTS) SLR-S (XIB) DS DT (XIF) BA/BA (XIF) PVT (1/2 L) LIFT/H RS
L R L R R L R L/R L /R LR
&1 &2 &3 & 4 &5 & 6 & 7 &8

HARD STEP:

DT (BK) H BR H DS RS
L R L R L RL
& 1 & 2 &3 &4

VINE:

DS (OTS) DS (XIB) DS (OTS) RS
L R L RL
&1 &2 &3 &4

ROCKING CHAIR:

DS BR H DS RS
L R L R LR
&1 & 2 &3 &4

COWBOY:

[DS DS DS BR (XIF) H] (FWD) [DS (XIF) R (BK) S (XIF) R (BK) S (XIF) R (BK) S (XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

ROCKER:

RS DS DS RS
LR L R LR
&1 &2 &3 &4

SLUR BRUSH:

DS (OTS) SLR-S (XIB) DS BR H
L R R L R L
&1 & 2 &3 & 4

PIVOT CHAIN:

DS [RS RS RS] (TURN)
L RL RL RL
&1 &2 &3 &4

ROCKAWAY REVERSE DOUBLE:

R S (OTS) SLR-S (XIB) R S (OTS) SLR-S (XIB) R S (OTS) SLR (REV) /PVT (1/2R) LIFT/H DS DS
L R L L R L R R L R L /R L/R L R
& 1 & 2 & 3 & 4 & 5 & 6 &7 &8

SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

LATIN STOMPS:

(P) STO (P) STO (P) STO STO STO
R L R L R
& 1 & 2 & 3 & 4

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

MACNAMARA:

BA (OTS) BA (XIB) BA (OTS) TCHH (OTS) BA (OTS) BA (XIB) BA (OTS) TCHH
L R L R R L R L
& 1 & 2 & 3 & 4

WINDSTER:

DS BR (XIF) H BR (X) H RS (BR CAN BE DT)
L R L R L RL
&1 & 2 & 3 &4

BACK TOUCH:

DS TT (BK) H
L R L
&1 & 2

TRIPLE:

DS DS DS RS
R L R LR
&1 &2 &3 &4

SLUR STEP:

DS (OTS) SLR-S (XIB)
L R R
&1 & 2

FANCY TRIPLE:

DS (OTS) DS (XIF) DS (XIB) R (OTS) S (XIF)
L R L R L
&1 &2 &3 & 4

BASIC:

DS RS
L RL
&1 &2

DONKEY:

DS TCH (XIF) H TCH (F) H RS
L R L R L RL
&1 & 2 & 3 &4

ROCK HEEL:

R TCHH
L R
& 1

STEPPING VINE:

(P) S (OTS) (P) S (XIB) (P) S (OTS) (P) TCHH (OTS)
L R L R
& 1 & 2 & 3 & 4