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 hold 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 ¼ RF under jnd Id hndns 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 Id hndns
          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;  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;

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; THROAWAY; DBL ROCK; CHG L/R;
          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

I CAN HELP III p. 1 of 2
PART C

1 – 4  **SLOW MARCHESSI:**


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;