Stay, just one night.

Music: Help Me Make It Through The Night/Steve Holy/Album/Love Don't Run
2nd Choice: Help Me Make It Through The Night by Sammi Smith
Choreographed by Sandy Kerrigan-(Sydney) Australia – January 2013
Dance Description: 4 Wall – 32 count Easy Intermediate Line Dance with no tags or restarts

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Fwd Rock Step, ¼ Side, Cross, Side with Drag, Behind Side Cross, Side Rock, Replace

1 2 & 3 4	Rock Fwd L, Replace Back to R, ¼ L-Step L to L Side, Cross R over L, Step L to L with R Drag
5 & 6 7 8	Step R Behind L, Step L to L Side, Cross R over L, Rock L to L Side, Replace to R Side

¼ L Sailor Step, ¼ L Scissor Step, ¼ R, ¼ R, Cross, Scissor Step

1 & 2 3 & 4	Turn ¼ L-Cross L Behind R, Step R to R, Step Fwd L, Turn ¼ L-Step R to R, Step L next to R, Cross R over L 3:00
5 & 6 7 & 8	1/4 R Step Back on L, ¼ R Step R to R Side, Cross L over R, Step R to R, Step L next to R, Cross R over L

¼ R Coaster Step, Back Rock, Full Turn Fwd R, Step Back Sweep, Step Back Sweep

1 & 2 & 3 4	Turn ¼ R-Step Back L, Step R next to L, Step Fwd L, Step R next to L, Rock Back on L, Rep Fwd to R
& 5 6 &	½ Turn R-Step Back on L, ½ Turn R Step Fwd R, Step Fwd L, Step R next to L 12:00
7 8	Step Back L-Sweeping R, Step Back R-Sweeping L

Behind, Side Cross with Fwd Sweep, Cross, Side Behind, ¼ Rock Fwd, ½ L, Rock Fwd R

1 & 2	Cross L Behind R, Step R to R, Cross L over R-Sweeping R Fwd
3 & 4	Cross R over L, Step L to L, Cross R Behind L 12:00
5 6 &	¼ Turn L-Rock Fwd L, Replace Back to R 9:00, ½ Turn L-Step Fwd on L 3:00
7 8 &	Rock Fwd R, Replace Back to L, Step R next to L 3:00

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