

# Help Me Make It Through The Night



**Count:** 32      **Wall:** 4      **Level:** Improver  
**Choreographer:** Guylaine Bourdages (Jan 2015)  
**Music:** Help Me Make It Through The Night by Anne Murray. Album: Country Croonin'g

**Intro: 16 counts**

**[1-8] (LF) Forward, 1/2L, (RF) Back, (LF) Coaster Step, (RF) Forward, 1/2 turn R, (LF) Back, RF Coaster Step**

1-2                    Step Left Forward, turn 1/2 Left Step Right Foot back  
3&4                    (Coaster Step) Step LF Back, RF beside LF, LF Forward  
5-6                    RF Forward, Turn 1/2 Right, LF Back  
7&8                    (Coaster Step) RF Back, LF beside RF, RF Forward

**[9-16] (LF) Cross Rock, and Cross, 1/8L LF Diagonal L and (Hitch RF), Coaster Hitch, Back, 1/8R Side , Cross front**

1-2                    (Cross Rock Step) LF Cross in front of RF, Recover Weight onto RF  
&3-4                    LF to Left, RF cross in front of LF, 1/8L LF diagonal Left and Hitch RF  
5&6                    (Coaster + Hitch) RF Back, LF beside RF, RF forward & Hitch with LF  
7&8                    LF Back, RF to Right 1/8R, LF cross in Front of RF

**[17-24] Hip Sway Right, Left, RLR, Turn 1/4L, Turn 1/2L, 1/2L + Lock Step forward LRL**

1-2                    Hip Sway Right, Left  
3&4                    Hip Sway Right, Left, Right (Turn your body to the right for the body fly)  
5-6                    1/4Left LF Forward, 1/2L RF Back  
7&8                    1/2Left (Lock Step Forward) LF Forward, Lock RF behind RF, LF Forward

**[25-32] Sweep & (RF) Jazz Box and (LF) Jazz Box and (RF) Jazz Box and Touch**

1-2                    Sweep RF from back to front, RF Cross in Front of LF, LF Back  
&3-4                    RF Back, LF cross in front of RF, RF Back  
&5-6-7-8                LF Back, RF cross in front of LF, LF back, RF to Right, LF Touch beside RF

**NOTE :**

**Continue until the end of the song with the hip sway to finish face of the first wall (12H)**

**A very slow and sensual music and song ... with very true lyrics**

**Keep Smiling - Guylaine xx**

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