



## Little Help

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**CHOREO:** Nicolette & Stefan Burger with Johanna Burger  
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**MUSIC:** Dance: Little Help (feat. Mimi & Josi - winner of 7th season of The Voice Kids Germany 2019)  
Artist: The BossHoss feat. Mimi & Josi CD: Little Help The BossHoss

**FOOTWORK:** Opposite unless noted **TIME:** 3:48

**RHYTHM:** TS II +2+1, **DEGREE OF DIFFICULTY:** Average

**SEQUENCE:** Intro - A - B - Inter - A - Bmod - C - A - B - Ending

### Intro:

**[1-4] wait (RLoD) ;; unwrap ; chng sds ; (SCP)**

wrap pos, fc RLoD - wait 2 meas ;; Release ld hnds leading W to unwrap RF in pl L, R, L, - ; {sd & fwd R start a tight 1/2 RF trn, small sd & bk L, sd R, , tch L to R ;} Under trailing hnds ld W to start a 1/2 LF trn fwd R start 1/2 RF trn, fwd L, fwd R comp trn Bfly/Wall, tch R to L ; {Under trail hnds start a 1/2 LF trn fwd L, fwd R, fwd L vomp trn SCP, tch L to R ;}

### Part A:

**[1-4] 2 fwd 2 stps ;; 2 trn 2 stps (PU) ;;**

fwd L, cls R, fwd L, - ; fwd R, cls L, fwd R, - ; sd L, cls R, trn L, - ; sd R, cls L, trn R, - ; to PU

**[5-8] prog sciss (SCAR) ; wlk out 2 ; prog sciss (Bjo) ; wlk in 2 ;**

sd L, cls R, X fwd L, - ; (SCAR) fwd R, - , fwd L, - ; sd R, cls L, X fwd R, - ; (BJO) fwd L, - , fwd R, - ;

**[9-12] fwd htch ; htch & sciss ; twrl 2 ; wlk 2 (CP) ;**

fwd L, cls R, bk L, - ; bk R, cls L, fwd R, - ; [fwd L, cls & trn R, fwd L, - ; (SCP)]

fwd L, cls R, fwd L, - ; [fwd trn R, bk trn L, sd R, - ;] fwd L, - , fwd R, - ; (CP)

**[13-16] brkn box ;; ;**

sd L, cls R, fwd L, - ; rk fwd R, - , rec L, - ; sd R, cls L, bk R, - ; rk bk L, - , rec R, - ;

### Part B:

**[1-4] strolling vne (1/2) (Bfly) ;; rk sd, rec ; X sd X ;**

sd L, - , XibR, - ; sd L, cls R, trn L, - ; (Bfly) rk sd R, - , rec L, - ; XiF R, sd L, XiF R, - ;

**[4-8] susiQs ;; rk sd, rec ; X sd X ;**

Xif L, sd R, Xif L, flr R ; Xif R, sd L, Xif R, - ; rk sd L, - , rec R, - ; Xif L, sd R, Xif L, - ;

**[9-12] sd ts ; (check) RLoD start lace up ;; ;**

sd R, cls L, sd R, - ; (CP) passing behind woman with lead hands joined moving diagonally fwd L (RLOD), cls R, fwd L, - ; fwd R, cls L, fwd R, - ; passing behind woman with trail hands joined moving diagonally fwd L, cls R, fwd L, - ;

**[13-16] fin lace up (CP) ; sd ts ; (ck-it) fin strolling vne (1/2) ;;**

fwd R, cls L, fwd R, - ; sd L, cls R, sd L, - ; (CP) sd R, - , Xib L, - ; sd R, cls L, trn R, - ;

### Inter:

**[1-2] circ awy & tog ;;**

fwd trn L, cls R, fwd trn L, - ; fwd trn R, cls L, fwd trn R, - ;

### Part Bmod:

**[1-4] strolling vne (1/2) (Bfly) ;; rk sd, rec ; X sd X ;**

sd L, - , XibR, - ; sd L, cls R, trn L, - ; (Bfly) rk sd R, - , rec L, - ; XiF R, sd L, XiF R, - ;

**[4-8] rk sd, rec ; X sd X ; sd ts ; (check) RLoD start lace up ;**

rk sd L, -, rec R, - ; Xif L, sd R, Xif L, - ; sd R, cls L, sd R, - ; (CP) passing behind woman with lead hands joined moving diagonally fwd L (RLOD), cls R, fwd L, - ;

**[9-12] fin lace up ;; ; (CP) sd ts ;**

fwd R, cls L, fwd R, - ; passing behind woman with trail hands joined moving diagonally fwd L, cls R, fwd L, - ; fwd R, cls L, fwd R, - ; sd L, cls R, sd L, - ; (CP)

**[13-15] (ch-it) fin strolling vne (1/2) ;; 2 sd cls (Bfly) ;**

sd R, -, Xib L, - ; sd R, cls L, trn R, - ; sd L, cls R, sd L, cls R ; (Bfly)

### Part C:

**[1-4] vne 3 & tch ; wrap ; unwrap ; chng sds ;**

Sd L, XRib of L, sd L, tch R to L; Keeping trailing hnds low sd R, leading W to start a ½ LF trn under lead hnds cl L, sd R, comp W's LF trn bringing lead hnds down in front of W's waist {Fwd L start a ½ LF trn under lead hnds, small sd & bk R cont trn, cl L comp trn, bringing lead hnd down in front of waist}; Release lead hnds leading W to unwrap RF in pl L, R, in pl L, -(Sd & fwd R start a tight ½ RF trn, small sd & bk L, sd R, tch L to R); Under trailing hnds lead W to start a ½ LF trn fwd R start ½ RF trn, fwd L, fwd R comp trn BFLY/COH, tch L to R (Under trail hnds start a ½ LF trn fwd L, fwd R, fwd L comp trn, tch R to L);

**[4-8] vne 3 & tch ; wrap ; unwrap ; rewrap (RLoD) ;**

Sd L, XRib of L, sd L, tch R to L; Keeping trailing hnds low sd R, leading W to start a ½ LF trn under lead hnds cl L, sd R, comp W's LF trn bringing lead hnds down in front of W's waist {Fwd L start a ½ LF trn under lead hnds, small sd & bk R cont trn, cl L comp trn, bringing lead hnd down in front of waist}; Release lead hnds leading W to unwrap RF in pl L, R, in pl L, -(Sd & fwd R start a tight ½ RF trn, small sd & bk L, sd R, tch L to R); M steps in place R, L, R as W wraps LF in 3 steps to wrap,-;

**[9-12] fig 8 ;; ; ;**

fwd trn L, cls R, fwd trn L, - ; fwd trn R, cls L, fwd trn R, - ; pass R shoulder fwd trn L, cls R, fwd trn L, - ; fwd trn R, cls L, fwd trn R, - ; (SCP)

**[13-15] 2 fwd 2s ;; sd, drw, cls ;**

fwd L, cls R, fwd L, - ; fwd R, cls L, fwd R, - ; sd L, drw R, cls L, - ;

### Ending:

**[1-4] crcl awy 2 2s ;; (fc) skate L & R ; sd 2 stp ;**

fwd trn L, cls R, fwd L, - ; fwd R, cls L, fwd trn R, - ; fc partner, 6-8 feet apart swvl fwd L/drw R, - swvl fwd R/drw L, - ; sd L, cls R, sd L, - ;

**[4-8] skate R & L ; sd 2 stp ; strut tog 4 ;;**

swvl fwd R/drw L, -, swvl fwd L/drw R, - ; fwd swvl L, -, fwd swvl R, - ; fwd swvl L, -, fwd swvl R, - ;

**[9-12] tamara ;; ; ;**

fwd L, cls R, fwd L, - ; {W place L hand bhnd her bk with palm out near R hip fwd R, cls L, fwd R, - ; }  
fc 2-step R, L, R, - ; M now place L hand bhnd his bk with palm out near R hip fwd L, cls R, fwd L, - ; fc 2-step R, L, R, - ;

**[13-15] vne 3 & tch ; wrap ; pt apt & look to partner ;**

Sd L, XRib of L, sd L, tch R to L; Keeping trailing hnds low sd R, leading W to start a ½ LF trn under lead hnds cl L, sd R, comp W's LF trn bringing lead hnds down in front of W's waist {Fwd L start a ½ LF trn under lead hnds, small sd & bk R cont trn, cl L comp trn, bringing lead hnd down in front of waist}; point apt L, -, look to your partner & smile, - ;



The BossHoss Band is a Western Rock Band from Berlin, Germany. Mimi and Josy are winner of the 7th season of The Voice Kids Germany 2019.