

## Help



Called by  
Scoot Smith

### OPENER - MIDDLE BREAK - CLOSER

Circle left

\*When I was younger, so much younger than today  
I never needed anybody's help in any way  
Walk around your corner, see saw your date  
Allemande left and you weave around all eight  
Help me if you can, I'm feeling down  
Dosado and you promenade her 'round  
Help me get my feet back on the ground  
Won't you please, please help me?

### FIGURE

Heads promenade halfway 'round the ring  
Down the middle with a right & left thru and turn the girl I sing  
Square thru 4 hands 'round you go  
Dosado make a wave you know,  
Swing thru, boys trade, turn thru  
Allemande left, come back and promenade  
Help me get my feet back on the ground  
Won't you please, please help me?

### TAG

Won't you please, please help me?

### ALTERNATE LYRICS

\*And now my life has changed in, oh, so many ways  
My independence seemed to vanish in the haze