



RIVERBOAT
RECORDS
RIVCD 924

Help!
MAINSTREAM

Called by:



Max Ringe
Obu-Shi, Japan

Opener, Closer:

Sides Face, Grand Square.

When I was younger, so much younger than today,
I never needed anybody's help in any way.
But now those days are gone, I'm not so self-assured,
Now I find I've changed my mind and opened up the doors.
Four Boys Promenade one time down.
Swing your partner and Promenade around.
Help me get my feet back on the ground.
Won't you please, please help me?

Figure:

Heads (sides) Promenade go a-halfway 'round.
Down the middle and Square Thru four hands you go.
All the way and do the Right and Left Thru.
Pass Thru, Trade By and then *Star Thru (or *Slide Thru)
Square Thru 3 hands around.
You Swing the corner lady and you Promenade 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Middle Break:

Circle Left.
And now my life has changed in so many ways.
My independence seemed to vanish in the haze.
Walk around your corner and See-Saw your own.
Left Allemande your corner, Weave around the ring.
Help me if you can, I'm feeling down.
And I do appreciate you being 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Tag:

Help me, Help me-e-e!



RIVERBOAT
RECORDS
RIVCD 924

Help!
PLUS

Called by: **Harmony by:**



Noriko Shinogaya
Shizuoka, Japan



Max Ringe
Obu-Shi, Japan

Opener, Closer:

Head Ladies center, Teacup Chain.
When I was younger, so much younger than today,
I never needed anybody's help in any way.
But now those days are gone, I'm not so self-assured,
Now I find I've changed my mind, Allemande Left and Weave.
Help me if you can, I'm feeling down,
And I do appreciate you being 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Figure 1, 4:

Heads (Sides) Promenade a-half way 'round.
Down the middle and Pass the Ocean, Ping Pong Circulate.
Ping Pong Circulate, Extend, Relay the Deucey opened up the doors.
Help me if you can, I'm feeling down.
Swing the corner lady Promenade round.
Help me get my feet back on the ground.
Won't you please, please help me?

Figure 2, 3:

Heads (Sides) Promenade half way 'round.
Down the middle and Pass the Ocean, Ping Pong Circulate.
Ping Pong Circulate, Extend.
Spin Chain the Gears I've never done before.
Help me if you can, I'm feeling down.
Swing the corner lady, Promenade r'ound.
Help me get my feet back on the ground.
Won't you please, please help me?

Middle Break:

Head Ladies center, Teacup Chain.
And now my life has changed in so many ways.
My independence seemed to vanish in the haze.
But every now and then I feel so insecure.
I know that I just need you, Allemande Left, you Weave.
Help me if you can, I'm feeling down.
And I do appreciate you being 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Tag:

Help me, Help me-e-e!



RIVERBOAT
RECORDS
RIVCD 924

Help!
MAINSTREAM

Called by:



Max Ringe
Obu-Shi, Japan

Opener, Closer:

Sides Face, Grand Square.

When I was younger, so much younger than today,
I never needed anybody's help in any way.
But now those days are gone, I'm not so self-assured,
Now I find I've changed my mind and opened up the doors.
Four Boys Promenade one time down.
Swing your partner and Promenade around.
Help me get my feet back on the ground.
Won't you please, please help me?

Figure:

Heads (sides) Promenade go a-halfway 'round.
Down the middle and Square Thru four hands you go.
All the way and do the Right and Left Thru.
Pass Thru, Trade By and then *Star Thru (or *Slide Thru)
Square Thru 3 hands around.
You Swing the corner lady and you Promenade 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Middle Break:

Circle Left.
And now my life has changed in so many ways.
My independence seemed to vanish in the haze.
Walk around your corner and See-Saw your own.
Left Allemande your corner, Weave around the ring.
Help me if you can, I'm feeling down.
And I do appreciate you being 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Tag:

Help me, Help me-e-e!



RIVERBOAT
RECORDS
RIVCD 924

Help!
PLUS

Called by:

Harmony by:



Noriko Shinogaya
Shizuoka, Japan



Max Ringe
Obu-Shi, Japan

Opener, Closer:

Head Ladies center, Teacup Chain.
When I was younger, so much younger than today,
I never needed anybody's help in any way.
But now those days are gone, I'm not so self-assured,
Now I find I've changed my mind, Allemande Left and Weave.
Help me if you can, I'm feeling down,
And I do appreciate you being 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Figure 1, 4:

Heads (Sides) Promenade a-half way 'round.
Down the middle and Pass the Ocean, Ping Pong Circulate.
Ping Pong Circulate, Extend, Relay the Deucey opened up the doors.
Help me if you can, I'm feeling down.
Swing the corner lady Promenade round.
Help me get my feet back on the ground.
Won't you please, please help me?

Figure 2, 3:

Heads (Sides) Promenade half way 'round.
Down the middle and Pass the Ocean, Ping Pong Circulate.
Ping Pong Circulate, Extend.
Spin Chain the Gears I've never done before.
Help me if you can, I'm feeling down.
Swing the corner lady, Promenade r'ound.
Help me get my feet back on the ground.
Won't you please, please help me?

Middle Break:

Head Ladies center, Teacup Chain.
And now my life has changed in so many ways.
My independence seemed to vanish in the haze.
But every now and then I feel so insecure.
I know that I just need you, Allemande Left, you Weave.
Help me if you can, I'm feeling down.
And I do appreciate you being 'round.
Help me get my feet back on the ground.
Won't you please, please help me?

Tag:

Help me, Help me-e-e!