

Help Me Make It Thru The Night (ESP 1103) Elmer Sheffield, Jr.

OPENER - MIDDLE BREAK - CLOSER Basic

Circle left

*Take the ribbon from your hair
Shake it loose, let it fall

Men star right and roll it round

Left allemande and **weave** the hall

Come and lay down by my side

Meet your girl and **promenade**

It's so hard to be alone

Help me make it thru the night

FIGURE Mainstream, corner progression

Heads (sides) square thru you know

Round the corner **dosado**

Swing thru, then **spin the top**

Boys move up, **slide thru, touch 1/4**

Scoot back, do that again

Swing your corner **promenade**

All I'm taking is your time

Help me make it thru the night

ALTERNATE LYRICS

*Yesterday is dead and gone

And tomorrow's out of sight

TAG

Swing

It's so hard to be alone

Help me make it thru the night