

# Helpless

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: William Sevone (UK)

Musik: Helpless - Kim Weston



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## **ROCK FORWARD, ROCK, SHUFFLE BACKWARD, ROCK BACKWARD, ROCK, SHUFFLE FORWARD (12:00)**

- 1-2 Rock forward onto right foot, rock onto left foot
- 3&4 Step backward onto right foot, close right foot next to left, step backward on right foot
- 5-6 Rock backward onto left foot, rock onto right foot
- 7&8 Step forward onto left foot, close right foot next to left, step forward onto left foot

## **(ALL STEPS FORWARD) DIAGONAL STEP RIGHT, DIAGONAL STEP LEFT, DIAGONAL SHUFFLE RIGHT, DIAGONAL STEP LEFT, DIAGONAL STEP RIGHT, DIAGONAL SHUFFLE LEFT (12:00)**

- 9-10 Step right foot diagonally forward right, step left foot diagonally forward left
- 11&12 (Diagonally forward right) step forward onto right foot, close left foot next to right, step forward onto right foot
- 13-14 Step left foot diagonally forward left, step right foot diagonally forward right
- 15&16 (Diagonally forward left) step forward onto left foot, close right foot next to left, step forward onto left foot

## **SIDE STEP, ½ LEFT SIDE STEP, (ALL STEPS FORWARD) DIAGONAL SHUFFLE RIGHT, DIAGONAL STEP LEFT, DIAGONAL STEP RIGHT, DIAGONAL SHUFFLE LEFT (12:00)**

- 17-18 Step right foot to right side, turn ½ left & step left foot to left side
- 19&20 (Diagonally forward right) step forward onto right foot, close left foot next to right, step forward onto right foot
- 21-22 Step left foot diagonally forward left, step right foot diagonally forward right
- 23&24 (Diagonally forward left) step forward onto left foot, close right foot next to left, step forward onto left foot

## **SIDE STEP, ½ LEFT SIDE STEP, 2X SAILOR STEP, STEP FORWARD, PIVOT ¼ LEFT (9:00)**

- 25-26 Step right foot to right side, turn ½ left & step left foot to left side
- 27&28 Cross step right foot behind left, step left foot next to right, step right foot to right side
- 29&30 Cross step left foot behind right, step right foot next to left, step left foot to left side
- 31-32 Step forward onto right foot, pivot ¼ left (weight on left foot)

**REPEAT**

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