

# Helene

Count: 48

Wand: 4

Ebene: Beginner

Choreograf/in: Penny Tan (MY) & Candy Lock (MY) - July 2013

Musik: Je m'appelle Hélène - Hélène



## Intro : 8 Counts

### [1 – 8] L Nightclub Basic Step, R Nightclub Basic Step, ¼ turn L(9.00), Half Rumba Box

- 1 – 2& Step L to L side, cross R behind L, cross L in front of R  
3 – 4& Step R to R side, cross L behind R, cross R in front of L  
5 – 6& Make a ¼ turn to L (9.00), step R to R side, close L next to R  
7 – 8& Step R fwd, step L to L side, close R next to L

### [9 –16] Fwd, Rock Recover, Step Back, Drag Back Together, Knees Pop, Fwd, Fwd ½ Turn R(3.00), Walks Step

- 1-2-3 Step fwd on L, recover on R, step back on L  
4&5 Drag R back step next to L with knees pop on L, R, step R fwd  
6 – 7 Step L fwd, make a ½ turn to R (3.00)  
8 & Walk fwd on L, R

### [17-24] L Nightclub Basic Step, Side, Step Back, recover Fwd, Fwd Walks Step, Touch

- 1-2 & 3 Step L to L side, cross R behind L, cross L in front of R, step R to R side  
4 & 5 Step back on L, recover on R, step L fwd  
6&7-8 Step fwd on R, L, R, touch L beside R

### [25-32] Side Rock Cross, Side Rock Cross, Half Rumba Box, Back, Coaster Steps

- 1&2 Step L to L side, recover on R, cross L over R  
3&4 Step R to R side, recover on L, cross R over L  
5&6 Step L to L side, step R close to L, step back on L  
7&8 Step back on R, step L beside R, step R fwd

### [33-40] Walks steps, hitch ¼ turn L(12.00), Cross, Side, Behind, Side, Cross, Recover

- 1 & 2 Step fwd on L, R, L  
3 – 4 Hitch R make a ¼ turn to L (12.00), cross R over L (\*Restart on wall 3 & 5 )  
5-6& Step L to L step, cross R behind L, step L to L side  
7 – 8 Cross R over L, recover on L

### [41-48] Side Chasse, Cross Recover, Side Chasse ¼ Turn L, Side Touch (9.00)

- 1&2 Step R to R side, step L beside R, step R to R side  
3 – 4 Cross L over R, recover on R  
5&6 Step L to L side, step R beside L, ¼ turn to L(9.00) with step L fwd  
7 – 8 Step R to R side, touch L beside R (bend two knees )

## Dance again!

Note: This dance has 3 Restarts

- \* Restart on wall 3 (6.00) after 36 count
- \* Restart on wall 4 (6.00) after 32 counts
- \* Restart on wall 5 (9.00) after 36 counts

Submitted by - Contact: [seremban\\_info@yahoo.com](mailto:seremban_info@yahoo.com)

