

# Helwa Gedan

Count: 88

Wall: 1

Level: Phrased Intermediate

Choreographer: Bambang Satiyawan (INA) & Yumiko Miko (INA) - September 2021

Music: Helwa Gedan - Sandy



Dance sequence : A-B-A-B-TAG-B-A-B(20 counts)-C-A-B(20 counts)-A

Start dance on vocal,

## PART A.

### SECTION I. CROSS TOUCH-SIDE TOUCH-SAILOR-FORWARD TOUCH-BACK-COASTER

- 1 - 2 Touch R cross over L, Touch R to side
- 3 & 4 Cross R behind L, Step L to side, Step R to side
- 5 - 6 Touch L forward, Step L back
- 7 & 8 Step R back, Close L beside R, Step R forward

### SECTION II. FORWARD ROCK RECOVER-TRAVELING BACK TURN-COASTER-WALK

- 1 - 2 Rock L forward, Recover on R
- 3 - 4 Turn  $\frac{1}{2}$  left Step L forward, Turn  $\frac{1}{2}$  left Step R back
- 5 & 6 Step L back, Close R beside L, Step L forward
- 7 - 8 Walk R-L

### SECTION III. SIDE-TOUCH BESIDE-SIDE-TOUCH BESIDE

- 1 - 2 Step R to side, Touch L beside R
- 3 - 4 Step L to side, Touch R beside L

### SECTION IV. TOUCHES-BEHIND-SIDE-CROSS-SIDE TOUCH-TURN-KICK-COASTER

- 1 & 2 Touch R to side, Touch R beside L, Touch R to side
- 3 & 4 Cross R behind L, Step L to side, Cross R over L
- 5 & 6 Touch L to side, Turn  $\frac{1}{4}$  left weight on R, Kick L forward
- 7 & 8 Step L back, Close R beside L, Step L forward

### SECTION V. JAZZ BOX TURN $\frac{1}{4}$ RIGHT-DIAGONAL-BESIDE TOUCH-DIAGONAL-BESIDE TOUCH

- 1 - 2 Cross R over L, Turn  $\frac{1}{4}$  right Step L back,
- 3 - 4 Step R to side, Step L forward
- 5 - 6 Step R diagonal forward, Touch L beside R
- 7 - 8 Step L diagonal Forward, Touch R beside L

### SECTION VI. BACKWARD AND HEEL GRIND-BACKWARD AND HEEL GRIND

- 1 - 2 Step R back and Grind L heel, Step L back and Grind R heel
- 3 - 4 Step R back and Grind L heel, Step L back and Grind R heel

## PART B.

### SECTION I. BACK ROCK RECOVER-FORWARD SHUFFLE-PIVOT $\frac{1}{4}$ RIGHT-CROSS SHUFFLE

- 1 - 2 Rock R back, Recover on L
- 3 & 4 Step R forward, Lock L behind R, Step R forward
- 5 - 6 Step L forward, Turn  $\frac{1}{4}$  right Step R in place
- 7 & 8 Cross L over R, Step R to side, Cross L over R

### SECTION II. SIDE ROCK RECOVER-BEHIND-SIDE CROSS-SIDE-TURN $\frac{1}{4}$ LEFT AND BACK-COASTER STEP

- 1 - 2 Rock R to side, Recover on L
- 3 & 4 Cross R behind L, Step L to side, Cross R over L

- 5 - 6 Step L to side, Turn ¼ left Step R in place  
7 & 8 Step L back, Close R beside L, Step L forward

### **SECTION III. PRISSY WALK-OUT JUMP-HITCH-SIDE AND HIP BUMP-SIDE-BESIDE TOUCH**

- 1 - 2 Cross R over L, Cross L over R  
&3-4 Slightly Jump R to side, Slightly Jump L to side, Hitch your R  
5&6 Touch R to side and hip Bump, Push Hip to left, Step R to side and Hip Bump right  
7 - 8 Step L to side, Touch R beside L

### **SECTION IV. ROCK RECOVER-VOLTA TURN-TOUCH-BESIDE-TOUCH-BESIDE-FORWARD-HITCH**

- 1 - 2 Rock R forward, Recover on L  
3 & 4 Turn ½ right Step R forward, Ball L behind R turning ½ right, Step R in place  
5 & 6 Touch L slightly forward, Close L beside R, Touch R slightly forward  
&7-8 Close R beside L, Step L forward, Hitch your R

## **PART C.**

### **SECTION I. DIAMOND**

- 1 - 2& Step R to side, Turn 1/8 left Back walk L-R  
3 - 4& Turn 1/8 left Step L to side, Turn 1/8 left Walk R-L  
5 - 6& Turn 1/8 left Step R to side, Turn 1/8 left Back Walk L-R  
7 - 8& Turn 1/8 left Step L to side, Turn 1/8 left Walk R-L

### **SECTION II. BASIC NIGHT CLUB-SIDE TOUCH-CROSS-SIDE TOUCH**

- 1 - 2& Squaring to front Step R to side, Cross L slightly behind R, Cross R over L  
3 - 4& Step L to side, Cross R slightly behind L, Cross L over R  
5 - 6 Touch R to side, Cross R over L  
7 - 8 Touch L to side, Cross L slightly over R

### **SECTION III. JAZZ BOX**

- 1 - 2 Cross R over L, Step L back  
3 - 4 Step R to side, Step L forward

### **TAG : JAZZ BOX-SIDE-BALL-IN PLACE-SIDE-BALL-IN PLACE**

- 1 - 2 Cross R over L, Step L back  
3 - 4 Step R to side, Step L forward  
5 & 6 Step R to side, Ball L beside R, Step R in place  
7 & 8 Step L to side, Ball R beside L, Step L in place

Enjoy the dance,

Contact person :

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