

# Helene 100

拍数: 64      墙数: 4      级数: Phrased Intermediate  
编舞者: Daniela Seidel (DE) - November 2021  
音乐: Null auf 100 - Helene Fischer



**Start: After 16 beats ( with singing)**

**Intro Intro A A Tag B B A A A A B B B B Tag**

**Intro: Hip Sway, Shuffle, Coaster, Step, Mambo step**

12 3&4      Right hip sway, left hip sway, shuffle to right

56 7&8      Left hip sway, Right hip sway, shuffle to left

12 3&4      RF back, LF back, RF back, LF close to RF, LF forward

56 7&8      LF forward, RF forward, Rock LF forward, recover on RF, Step LF beside RF

**Repeat Intro**

**Part A: Side Close, Shuffle, Kick Box, Step Point, Step Turn, Box, Right Weave**

12 3&4      RF side, LF close to RF, Shuffle to right (RF side, LF close to RF, RF side)

5678      Kick Box LF, LF Kick forward, LF Cross in front of RF, RF back, LF side

1234      Kick Box RF, RF kick forward, RF cross in front of LF, LF back, RF side

56 7&8      LF side, RF close to LF, Shuffle to left ( LF side, RF close to LF, LF side)

1234      RF cross LF, LF point to side, LF cross RF, RF point to side

5678      Step Turn RF forward LF Forward turn  $\frac{1}{2}$  to L, Step Turn RF forward LF to side Turn  $\frac{1}{4}$  to L.  
( $\frac{3}{4}$  to L over all 4 Steps)

1234      Jazz box to Left, RF cross LF, LF back, RF side, LF Forward

5678      Weave to right, RF side, LF cross behind RF, RF side, LF cross in front of RF

**Repeat Part A**

**Tag**

123      Step Turn RF forward, Turn  $\frac{1}{2}$  to L, LF forward, close RF to LF Weight on both feet

5678      Circle with Arms as you want and hold position

**Part B: Toe Struts, Step Turn, Shuffle, Kicks, Side Replace, Step Turn, Cross Chasse, Monterey Turn, Jazz Box, Step Turn**

1234      Step R toe forward, Drop right heel, Step L toe forward, Drop Left heel

56 7&8      Step RF forward  $\frac{1}{2}$  Turn L, Step LF forward, Shuffle RF forward, LF close to RF, RF forward

12 3&4      Kick LF diagonal in front of RF, Kick LF to side, LF cross behind RF, RF to side part weight,  
LF replace

56 7&8      Kick RF diagonal in front of LF, Kick RF to side, RF cross behind LF, LF to side part weight,  
RF replace

1 2 3&4      Step Turn LF forward  $\frac{1}{4}$  turn to R, RF replace, Cross Chasse LF cross RF, RF side, LF cross  
RF

5 6      Monterey Turn RF point right, 1/ 2 Turn to right RF step next to LF

7 8      LF point left, LF step next to RF

1234      Jazz Box RF cross LF, LF back, RF side, LF forward

5678            Step Turns RF forward  $\frac{1}{2}$  to L, LF Forward, RF forward  $\frac{1}{2}$  To L, LF forward

**Repeat Part B**

**Sequence of dancing part:**

**Enjoy !!!**

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