

# H'el'ene

拍数: 48                      墙数: 2                      级数: Intermediate  
编舞者: Jane Young (TW) - February 2022  
音乐: Je m'appelle Hélène - Hélène



Intro: 8 counts / 2 restarts ; 1 tag(2counts add at restart 1)

**Sec 1 L to L , R behind L , 1/4L L fwd, 1/2L R back, sweep L behind R, R to R, L over R, R to R , L back, touch R beside L, R fwd with sweep L**

1-2&3                      L to L 1) R behind L 2) ¼ L L fwd. &) ½ L R back sweep L behind 3) 3 :00  
4&5                        L behind R 4) R to R side &) L cross over R 5)  
6-7&8                      R to R 6) L back 7) R touch beside L &) R fwd sweep L to front ) 3:00

**Sec 2 L fwd, touch R beside L , R back sweep L to back , L behind R , R to R , L cross over R , sway R-L, 1/8 R R fwd, recover back to L , R back**

1&2                        L fwd 1) R touch beside L &) R back sweep L to back 2)  
3&4                        L behind R 3) step R to R &) L cross over R 4)  
5 - 6                      step R to R with sway 5) L to L side with sway 6)  
7&8                        1/8 R R fwd 7) recover back to L &) R back 8) 4:30

**Sec 3 3/8L L fwd with hitch R knee, R fwd coaster , 1/2L sweep L to behind, L behind, R to R , L cross over R, R to R , touch L beside R , L to L , touch R beside L**

1-2&3-4                    3/8L L fwd with hitch R knee 1) R fwd 2) L tog. R &) R back 3) 1/2L L sweep front to behind 4 ) 6:00 \*\* restart 2  
5&6                        L behind 5) R to R side &) L cross over R 6)  
7&8&                        R to R 7) L touch beside R &) L to L 8) R touch beside L &)

**Sec 4 R over L, recover L, weave with ronde R behind, R behind L , ¼ L L fwd, R over L , 1/2L unwind (wt.on L )**

1-2&3                      R cross over L 1) recover to L 2) R to R side &) L cross over R 3)  
4&5                        R to R side 4) L behind R &) R ronde behind L 5) 6:00  
6&7-8                      R behind L 6) 1/4L L fwd &) R cross over L 7) ½ L unwind 8) wt.on L 9:00

**Sec 5 1/4L turn scissor step x 3, L to side, recover to R, L fwd, recover to R**

1-2&                        1/4L R to R side 1) L tog. R 2) R cross over L &) 6:00 \* restart 1 + tag 2count  
3-4&                        1/4L L to L side 3) R tog. L 4) L cross over L &) 3:00  
5-6&                        1/4L R to R side 5) L tog. R 6) R cross over L &) 12:00  
7&8&                        L to L side 7) recover to R &) L fwd 8) recover to R &)

**Sec 6 L big back drag R to L, hold, R beside L , L fwd , R fwd (anchor step) , R back, 1/2L L fwd, R fwd**

1-2&3                      L big back step & drag R to L 1) hold 2) R beside L &) L fwd 3)  
4-5&6                      R fwd 4) L lock behind R 5) recover to R wt. on R &) step back on L 6)  
7&8                        R back 7) 1/2L L fwd &) R fwd 8) 6:00

- Restart 1 at W 3 /dance at count 34 than add tag : sway L ~ sway R (2count)
- Restart 2 at W 5 /dance at count 28 sweep L behind than restart
- Ending at W7 dance at sec3 facing 12:00/ L fwd with hitch R kness than R fwd

Last Update - 11 Feb 2022