

# Helene

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Beginner  
编舞者: Penny Tan (MY) & Candy Lock (MY) - July 2013  
音乐: 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

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