

# Help Me Rhonda

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: Absolute Beginner  
編舞者: Susan Prats (USA) - July 2018  
音樂: Help Me, Rhonda - The Beach Boys



---

## Right lead

Begin 40 counts into vocals, with guitars & drums

### VINE RIGHT, HITCH, TOUCH, HITCH, TOUCH, HITCH

1-8            Step right to right side, step left behind right, step right to right side, hitch left knee up, touch left, hitch left knee up, touch left, hitch left knee up

### VINE LEFT, HITCH, TOUCH, HITCH, TOUCH, HITCH

1-8            Step left to left side, step right behind left, step left to left side, hitch right knee up, touch right, hitch right knee up, touch right, hitch right knee up

### RIGHT SCISSORS, HOLD, LEFT SCISSORS, HOLD

1-4            Step right to side, step left next to right, cross right over left, hold  
5-8            Step left to side, step right next to left, cross left over right, hold

### VINE RIGHT, KICK LEFT, VINE LEFT WITH 1/4 LEFT TURN, KICK RIGHT

1-4            Step right to right side, step left behind right, step right to right side, kick left  
5-8            Step left to left side, step right behind left, step left to left side while making 1/4 left turn, kick right

### LINDY RIGHT, LINDY LEFT

1&2,3-4      Triple step to right, rock back on left behind right, recover forward on right  
5&6,7-8      Triple step to left, rock back on right behind left, recover forward on left

## Restart

---