

H'el'ene

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jane Young (TW) - February 2022
音樂: 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