People Help The People

Count: 52 **Wall:** 1 **Level:** Phrased Intermediate

Choreographer: Raymond Sarlemijn (NL), Roy Hadisubroto (NL), Darren Bailey (UK), Roy Verdonk (NL) & Pim van Grootel (NL) - April 2013

Music: People Help the People - Birdy

Intro: Start after 32 counts
Sequence: A, A, B, Tag, A, A, B, Tag, A, B, A, B
Note: Music variates in speed in different sections so counts may slightly adjust for this.

Part A

[1 – 8] Nightclub Basic R, ¼ Turn Check, ¾ Turn Spiral with Sweep, Cross, ¼ Turn Step, ¼ Pivot, Sway

1 – 2 &	Step R to R side (1), Close L behind R (2), Cross R over L (&) 12:00
3 – 4 &	¼ Turn L and check L forward (3), ½ Turn R and Step R forward (4), Step L forward (&) 3:00
5 – 6 &	¾ Turn Spiral R and sweep R from front to back (5), Cross R behind L (6), ¼ Turn L and Step L forward (&) 3:00
7 – 8 &	Step R forward (7), ¼ Turn L swaying L (8), Sway R (&) 6:00

[9 – 16] ¾ Turn Pirouette, Rock, Run x2, Step Kick - Hook into ⅜ Turn, Run x2, Rock, Walk x2

1 – 2	¾ Turn L on L while hitching R knee (1), Rock R forward (2) 9:00
3 & a4	Run backwards on L (3), Run backwards on R (&), Step L backwards while kicking R forward (a), ⅜ Turn R on L while hooking R over L (4) 9:00
5 & 6	Run forwards on R (5), Run forwards on L (&), Rock R forward (6) 1:30
7 – 8	Step L backwards (7), Step R backwards (8) 1:30

[17 – 24] Step Drag, ½ Turn, Walk x2, ½ Turn Arabesqué, Walk, ⅜ Turn, Step out, Bodyroll, Walk, ½ Turn, Step out, Shoulder Movement

1 – 2 &	Step L backwards and drag R towards L (1), ½ Turn R and step R forward (2), Step L forward (&) 7:30
3 – 4 & a	Step R forward making ½ Turn R on ball of R while L leg is off the floor and stretched out behind (3), Step L backwards (4), ⅜ Turn R and Step R forward (&), Step L to L side (a) 6:00
5 – 6 &	Bodyroll backwards (5), Step R backwards (6), ½ Turn L and step L forward (&) 12:00
7 – 8 &	Step R to R side (7), Pull R shoulder towards L diagonal (8), Recover back to centre (&) 12:00

Arms

& a 5	R arm across chest, forearm parallel to the floor, as hands are joined push R elbow to R side (&),

L arm across chest, forearm parallel to the floor, as hands are joined push L elbow to L side (a),
Both hands infront of body, pushing away into bodyroll (5)

[25 – 32] Shoulder Movement with Drag, Cross, Step out, Dip with contraction, Recover, Hitch, Step, Cross, ¾ Turn L, ¼ Turn L close

1 – 2 &	Transfer weight onto L, pull R shoulder towards L diagonal while dragging R towards L (1), Cross R over L (2), Step L to L side (&) 12:00
3 – 4 &	Bend both knees while contracting body (3), Recover to standing (4), Hitch R knee (&) 12:00
5 – 6 &	Step R to R side (5), Cross L over R (6), ¼ Turn L stepping R backwards (&) 9:00
7 – 8	½ Turn L stepping L forward (7), ¼ Turn L on L while closing R towards L (8) 12:00

****Important When transitioning from Part A to Part B the timing will change due to an extra step.**

5 & 6 & 7	Step R to R side (5), Cross L over R (&), ¼ Turn L stepping R backwards (6), ½ Turn L stepping L forward (&) ¼ Turn L and Step R to R side (7)

PART B

[32 – 40] Arm Movements into ¾ Turn, ¼ Turn with Sweep, Cross, Side, Hitch, Cross, ¼ Turn with Sweep, Jazzbox ½ Turn with Sweep, Jazzbox ¼ Turn

8 &1 & 2	Extend L arm infront of body (8), Extend R arm infront of body (&), Swing R arm towards L, hitting L arm away, transfer weight onto R and continue into ¾ Turn L on ball R (1), Step L forward (&) ¼ Turn L while sweeping R from back to front (2) 12:00
& 3 – 4	Cross R over L (&), Step L to L side while hitching R knee (3), Cross R behind L (4) 12:00
5 – 6	¼ Turn L and Step L forward while sweeping R from back to front (5), Cross R over L (6) ¼ Turn R and Step L backwards (&) 12:00
7 & 8 &	¼ Turn R and Step R forward while sweeping L from back to front (7), Cross L over R (8), ¼ Turn L and Step R backwards (&) 12:00

[41 – 48] ⅛ Turn L, Travelling Pivots, Rock Recover, Side, Cross, Side, Sway L R, Cross, Side

1 – 2 &	⅛ Turn L and Step L forward (1), ½ Turn L and Step R backwards (2), ½ Turn L and Step L forward (&) 10:30
3 – 4	Rock R forward (3), Recover on L making ⅛ Turn R (4) 12:00
& a 5 – 6	Step R to R side (&), Cross L over R (a), Step R to R side (5), Sway L (6) 12:00
7 – 8 &	Sway R (7), Cross L over R (8), Step R to R side (&) 12:00

Tag: Walk Around, Cross

1 – 2	¼ Turn L and Step L forward (1), ¼ Turn L and Step R forward (2) 6:00
3 – 4 &	¼ Turn L and Step L forward (3), ¼ Turn L and Step R to R side (4), Cross L over R (&) 12:00

****Important When transitioning from Part B to Part A, there will be no side step on the & count.**

START AGAIN AND HAVE FUNNNN

DARE TO BE UNIQUE

Last Update – 12 Dec. 2019