

# Helena

拍数: 32      墙数: 2      级数: Improver NC2S  
编舞者: Stig Ekström (SWE) - December 2014  
音乐: Helena - Ted Gärdestad



**\*\* Dedicated to: Helena Schoegje at her 50 years anniversary December 30, 2014 \*\***

**Start after a 32 count intro, the beat in the intro has double speed.**

**Section 1: □ Right Basic, Left Basic, Step, Step Turn ½ Step, Side, Together, Forward**

- 1, 2 &      Step right to right side, cross left behind right, step right over left.
- 3, 4 &      Step left to left side, cross right behind left, step left over right.
- 5, 6 & 7      Step forward on right, step forward on left, turn ½ right and step forward on right, step forward on left.
- 8 & 1      Step right to right side, close left to right, step forward on right.

**Section 2: □ Side, Together, Back, Coaster Step, Shuffle forward, ¼ turn Rock, Recover**

- 2 & 3      Step left to left side, close right to left, step back on left.
- 4 & 5      Step back on right, close left next to right, step forward on right.
- 6 & 7      Step forward on left, close right next to left, step forward on left.
- 8 &      Turn ¼ to left and rock right to right side, recover on left. (3 o'clock)

**Tag/Restart on all walls during chorus and the instrumental wall 6; Restart on wall 2, 4, 6, 7, 9, 10 and 11.**

**In section 2 change the last two steps before the Restart to:**

- 8 &      Step forward on right, close left to right.

**Section 3: □ Right Basic, Side, Behind, Side, Cross, Side, Together, Left Basic**

- 1, 2 &      Step right to right side, cross left behind right, step right over left.
- 3, 4 &      Step left to left side, cross right behind left, step left to left side.
- 5, 6 &      Cross right over left; step left to left side, close, right to left.
- 7, 8 &      Step left to left side, cross right behind left, step left over right

**Section 4: □ ¼ turn Forward, Full Turn, Step, Side, Together, Back, Coaster Step, Step Together**

- 1      Turn ¼ to right and step forward on right. (6 o'clock).
- 2 & 3      Turn ½ to right and step back on left, turn ½ to right and step forward on right, step forward on left.
- 4 & 5      Step right to right side, close left to right, step back on right.
- 6 & 7      Step back on left, close right next to left, step forward on left.
- 8 &      Step forward on right, close left to right.

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