Helene

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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