

D'HELENE

Choreographers: Brent and Judy Moore,
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Music: Casa-Musica.de, Ballroom Perfection, track 3, La Chanson
D'Helene, slow to 28MPM, cut end at 1:45 sec, fade last sec.
Footwork: Opposite, directions for man (lady as noted)
[suggested syncopations noted]
Phase & Rhythm: Phase VI - Waltz
Difficulty Level: easy (os spin & twist, big top, trav contra ck)
Sequence: Intro, A, A(1-8) B, A(1-15), Tag 2021



MEASURES

INTRODUCTION

1-2 WAIT 1; CHAIR RECOVER SLIP to CLOSED;

- 1 **[Wait 1 Meas]** Loose bfly semi fc DLW lead ft free;
- 2 **[Chair Rec Slip]** Fwd R in bfly semi soften knee no sway look DLW, rec L rising com slght LF trn, sd & bk R blnd to cp fc DLW;

PART A

1-8 CHANGE of DIRECTION; TELETWIST TURN to BANJO;; BACK BACK LOCK BACK; OPEN IMPETUS; WEAVE 3; SYNCOPATED ZIGZAG; BACK CHASSE RIGHT dlc'

- 2-3 **[TeleTwist Turn 123; - -3 (123&; 1&23)]** Fwd L trn LF, fwd R trn LF, XLIBR prt wght fc DRW mod cp/strt twst LF btwn feet; end wght on L tn LF bk R to bjo bkg DLW (bk R heel trn on R, cl L cont trn, sd & fwd R mod semi/fwd L LOD; fwd & sd R crv LF/ fwd L, fwd R shrp trn LF, fwd & sd to bjo fc DLW);
- 4 **[Back Bk/Lock Bk 12&3]** Bk L in bjo, bk R/lk LIFR (lk RIBL), bk R in bjo bkng DLW;
- 5 **[Open Impetus]** Bk L, trn RF on L heel transfer weight to R, trn RF sd & fwd L to semi DLC;
- 6 **[Weave 3]** Thru R, fwd L trn LF, bk R to bjo bkng LOD;
- 7 **[Sync Zig Zag 1&23]** Bk L in bjo/trn RF heel pull sd sml stp R to sdcr, fwd L in sdcr mvng LOD, trn LF sd & bk R to bjo mvng LOD;
- 8 **[Bk Right Chasse 12&3]** Bk L trn LF fc COH, sd R/cl L, sd & fwd R left sway lady opn head cp fc DLC;

9-16 SLOW CONTRA CHECK; HOVER CORTE; OUTSIDE CHANGE to SEMI; OPEN NATURAL; OUTSIDE SPIN & TWIST to SEMI;; SEMI CHASSE; BIG TOP;

- 9 **[Slow Contra Ck 1- -]** Soften knee body trn LF fwd L X body line, slowly chng body shpe to rght strong stretch up of body look over lady DLC,- (soften knee bk R X body line but keep R heel off floor head to rght, extnd body & trn head well left stretch up rght sd of body,-);
- 10 **[Hover Corte]** Bk R trn LF, sd & fwd L trn LF hover action to bjo, rec bk R in bjo bkng DLC;
- 11 **[Outside Change Semi]** Bk L in bjo, bk R to cp trn LF, sd & fwd L to semi DLW;
- 12 **[Open Nat]** Thru R in semi, trn RF sd L, trn RF bk R bjo bkng DLW;
- 13-14 **[OS Spin & Twist 123&123]** Trn RF sd & bk L, sd & fwd R trn RF heel lead, strng trn RF sd L to mod cp/quick XRIBL trn RF; twist RF on ball of R heel of L, cont twist trn rise on R, trn RF sd & fwd L semi fc DLC (trn RF fwd R, fwd & sd L spin RF, cl R / run fwd arnd man L; R, fwd L toe pivot RF swivel on L trn RF brush R to L, sd & fwd R semi fc DLC);
- 15 **[Semi Chasse]** Thru R, sd & fwd L/cl R, sd & fwd L in semi DLC;
- 16 **[Big Top 123(1&-3)]** Thru R body trn LF/spin LF on R leave left leg in place, cont LF spin bk L in bjo, rise trn LF in slip pivot bk small step R to cp DLW (thru L trn LF/sd & bk R, spin LF on R brush L to R, trn LF slip pivot action fwd L to cp);

Repeat PART A (1-8)**PART B****1-8 TRAVELING CONTRA CHECK; NATURAL HOVER CROSS;; DOUBLE REVERSE; WHISK dlc; WEAVE to SEMI;; THRU SIDE LOCK;**

- 1 **[Trav Contra Ck 1&-3]** Fwd L slightly arnd lady DLC/cl R strng lft sd strch brkn sway to rght, rise on R lose sway slght body trn RF, trn RF sd & fwd L to semi DLW;
- 2 **[Hover Cross 123 1&23]** Thru R, trn RF fwd & sd L, trn RF fwd & sd R to sdcr LOD slght sway left; fwd L in sr toe ckg/rec R body trn LF momntry cp, sd & fwd L to bjo DLC, fwd R bjo DLC (thru L, body trn RF fwd R btwn man's feet cont RF trn, sd & bk L to sdcr head lft; bk R in sdcr ckg/rec L momntry cp, trn LF sd & bk R to bjo, bk L in bjo);
- 4 **[Double Reverse 12- (12&3)]** Fwd L trn LF, fwd & sd R trn LF, spin LF on R to cp DLW (Bk R, trn LF on R heel transfer weight to L/ trn LF fwd & sd R, trn LF XLIFR);
- 5 **[Whisk]** Fwd L, sd & fwd R slght body trn RF,-; XLIBR (XRIBL) to semi DLC,-,
- 6-7 **[Weave Semi]** Thru R, fwd L trn LF, bk R to bjo bkng LOD; bk L in bjo, bk R to cp trn LF, sd & fwd L to semi DLW;
- 8 **[Thru Sd Lock]** Thru R trn LF, sd & fwd L trn LF, lk RIBL cp DLW (fwd L trn LF, fwd & sd R trn LF, lk LIFR);

Repeat PART A (1-15)**TAG****1 THRU LEFT WHISK with SHAPE;**

- 1 **[Left Whisk]** Thru R, sd & fwd L, sharp trn LF strng sway right XRIBL soft knees rev semi DRW look DLW (thru L, sd & fwd R, sharp trn LF XLIBR like sit line look DRW);

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