

Helena

32 counts, 2 walls, Night Club Two Step, Improver

Choreographed by: Stig Ekström (SE) December 2014
Choreographed to: Helena by 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)

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.