

HELP!

Rhythm: Quickstep **Phase:** IV + 1 (Hinge)
Choreo: Jakub Benda & Lucie Červená
 (New Year's Eve 2012/2013 – "Beatlemania")
Music: The Beatles – Help! (1965), 2:18



Sequence: INTRO – A B – A B – C – B – END

INTRO

(back to back position, man face center, NO wait, both RIGHT foot free)

- 1-4: Close and "HELP"; roll 2 left; rock side and "HELP"; roll 2 right;**
 Q---; [cl & „help“] step cl R, and gesture „help“ (arms above the head or anything you want) to COH / *W to the wall*,-, -;
 SS; [roll 2 L] sd & trn LF L, -, cont LF trn side R, -; (away from partner)
 Q---; [rk sd & „help“] sd L, and gesture „help“ to COH / *W to the wall*,-, -;
 SS; [roll 2 R] rec R & trn RF, -, cont RF trn side L, -; (away from partner)
- 5-8: Rock side and "HELP"; rk fwd, trn, rec (W close); side, draw, close,, & hold,,**
 Q---; [rk sd & „help“] rk sd R, and gesture „help“ to COH / *W to the wall*,-, -;
 SS; (SQQ;) [rk fwd, trn, rec – W cl] rk fwd & trn RF L, -, rec R, -; to CP fc wall
 (*W: rk fwd & trn RF L, -, rec R, cl L;*)
 SS; S-; [sd, draw, cl & hold] sd L, -, draw R, -; cl R, -, -, -; to CP/DLW
 (*W: sd R, -, draw L, -; cl L, -, -, -;*)



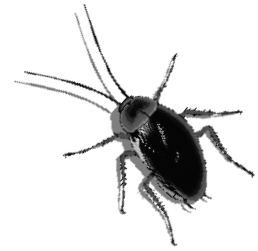
PART A

(CP DLW)

- 1-4: Qtr trns & prog chasse;;;**
 SS; QQS; [qtr trns & prog chasse] fwd L, -, fwd trn R, -; sd L, cl R, sd & bk L, -; bk R, -, sd L, cl R; sd & SQQ; SS; fwd L, -, fwd R,-; (*W: bk R, -, bk trn L, -; sd R, cl L, sd & fwd R, -; fwd L, - sd R, cl L; sd & bk R, -, bk L;*)
- 5-8: Running fwd lks;; manuv, side, close; hesitation change;**
 QQQQ;... [running fwd lks] fwd L, Lk RIB, fwd L, fwd R; Fwd L, Lk RIB, fwd L,-;
 ...QQS; (*W: bk R, lk LIF, bk R, bk L; bk R, lk LIF, fwd L,-;*)
 SQQ; [manuv, sd, cl] fwd R, -, fwd & sd L to manuv, cl R; (*W: bk L, -; bk & trn R, cl L;*)
 SS; [hes chg] bk trn L, sd trn R- draw; (*W: fwd trn R, sd trn L - draw;*)
- 8-16: Rev chasse trn;; slow closed telemark,,, fwd hitch; whaletail;; change of direction,,,**
 SQQ; SS; [rev chasse trn] fwd L, -, sd R, cl L; bk R, -, tch trn, cont trn;
 (SQQ; SQQ;) (*W: bk trn R, -, sd L, cl R; fwd trn L, -, sd R, cl L;*)
 SS; S,, [slo cl tele] fwd trn L, -, fwd & sd trn R, -; fwd & sd L, -, (*W: bk R, -, heel trn, -; bk & sd R, -;*)
 SQQ; [fwd hitch] fwd R, -, cl L, bk R; (*W: bk L, -, cl R, fwd L;*)
 QQQQ; QQQQ; [whltl] xib L, sd R, fwd L, lk R; cl L, sd R, xib L, sd R;
 (*W: xif R, sd L, bk R, lk L; sd R, cl L, xif R, sd L;*)
 SS; S,, [chg of dir] fwd L, -, fwd trng R, draw L; (*W: bk R, -, bk trng L, draw R;*)

PART B

(CP DLC)



- 1-4: Viennese Turns twice;;;;**
 SQQ; SQQ; [vien trns] fwd trn L, -, sd R, xif L; bk trn R, -, sd L, cl R;
(W: bk trn R, -, sd L, cl R; fwd trn L, -, sd R, xif L);
 SQQ; SQQ; [vien trns] fwd trn L, -, sd R, xif L; bk trn R, -, sd L, cl R;
(W: bk trn R, -, sd L, cl R; fwd trn L, -, sd R, xif L);
- 5-8: Open telemark; man roll across; twinkle thru; man roll across;**
 SQQ; [op tele] fwd trn L, -, fwd & sd trn R, fwd & sd L; to SCP
(W: bk R, -, heel trn, fwd & sd R;)
 SQQ; [M roll across] fwd trn RF R arnd ptr, -, cont trng – fwd & sd L, fwd R; to LOP LOD
(W: small steps fwd L, -, cl R, fwd L;)
 SQQ; [twkl thru] xif L, -, sd R, cl L; to OP RLOD *(W: xif R, -, sd L, cl R;)*
 SQQ; [M roll across] fwd trn RF R arnd ptr, -, cont trng – fwd & sd L, fwd R; to LOP RLOD
(W: small steps fwd L, -, cl R, fwd L;)
- 8-12: Fwd, lk, fwd; sliding door; rk apt, rec, close to SCP; manuv;**
 SQQ; [fwd, lk, fwd] fwd L, -, lk RIB, fwd L *(W: fwd R, -, lk LIB, fwd R)*
 SQQ; [sldg dr] rk apt R, -, rk L, xif R; to OP RLOD *(W: rk apt L, -, rk R, xif L;)*
 SQQ; [rk apt, rec, cl] rk apt L, -, rk R, cl L; to SCP *(W: rk apt R, -, rk L, cl R;)*
 SQQ; [manuv] fwd trn R, -, sd L, cl R; to CP LOD *(W: fwd L, -, sd R, cl L;)*
- 13-16: Rk apart & "PLEASE!"; "PLEASE!" & rec to CP LOD; 2 left turns;;**
 S-; [rk apt & „please“] rk apt L, with both hands gesture „please“ to partner;
(W: rk apt R, with both hands gesture „please“ to partner;)
 -S; [„please“ & rec CP LOD] with both hands gesture „please“ to partner, rec R;
(W: with both hands gesture „please“ to partner, rec L;)
 SQQ; SQQ; [2 LF trns] fwd L, -, fwd trn R, cl L; bk R, -, bk trn L, cl R; to CP DLW
(W: bk R, -, bk trn L, cl R; fwd L, -, fwd trn L, cl R)

PART C

(CP DLW)

- 1-4: Slow hover;;, slow open natural;;, open impetus;**
 SS; S,, [slo hvr] fwd L, -, fwd & sd rise R, -; rec L, -, to SCP *(W: bk R, -, bk & sd rise L, -; rec R, -)*
 SS; S,, [slo op nat trn] fwd trn R, -, sd L, -; bk R, -, to BJO
(W: fwd L, -, fwd R to CP, -; fwd L to BJO, -)
 SQQ; [op imp] bk L, -, cl trn R, fwd L; to SCP *(W: fwd R, -, fwd trn L, fwd R;)*
- 5-8: Slow thru to hinge;;, slow hover exit;;, left whisk;**
 SS; S,, [slo thru to hinge] fwd R, -, sd & fwd L, -; LF body trn & lower on L, -,
(W: fwd L trn LF, -, sd & swvl R, -; xib L under body, -)
 -S; S,, [slo hvr exit] Rotate upper body RF to lead W to take sd stp, rec R with rise; sd & fwd L, -,
 (SS; S,,) to SCP *(W: trng RF recover R, sd L with rise; recover sd & fwd R to SCP, -)*
 SQQ; [L wsk] thru R, -, sd & fwd L, xib R; *(W: thru L, -, sd & bk R, xib L;)*
- 8-12: Slow unwind;;, slow open natural;;, open impetus;**
 - -; S,, trng body RF lead W to rec R, -, RF trn and lead W to step side around, -; step sd & fwd
 (SS; S,,) L trng to SCP/DRW, - *(W: rec small step onto R & comm RF trn, -, sd & arnd ptr L like an
 Impetus, -; brush R to L, then step sd & fwd R in SCP/DRW,)*

SS; S,, [slo op nat trn] fwd trn R, -, sd L, -; bk R, -, to BJO
 (W: fwd L, -, fwd R to CP, -; fwd L to BJO, -)
 SQQ; [op imp] bk L, -, cl trn R, fwd L; to SCP/DRW (W: fwd R, -, fwd trn L, fwd R;)

12-16: Slow nat hvr falwy,,, slow slip pivot to BJO,,, manuv and check;
 SS; S,, [slo nat hvr falwy] fwd trn R, -, fwd trn L, -; rec R, -, (W: fwd L, -, fwd trn R, -; rec L, -)
 SS; S,, [slo slp pvt to BJO] bk L, -, bk trn R, -; fwd L, -, to BJO/DRC
 (W: bk trn R, -, fwd trn L, -; bk R, -)
 SQQ; [manuv] fwd trn R, -, sd L, cl R; to CP LOD (W: bk trn L, -, sd R, cl L;)

END
 (CP DLW)



1-4: Roll 4 to back to back position;; & "HELP"
 SS; SS; Q~; [roll 4 to bk to bk & „help“] sd & trn LF L, -, cont LF trn side R, -; sd & trn LF L, -, side R, -;
 to back to back position and gesture „help“ (arms above the head or anything you want)
 to the wall,~ (W: sd & trn RF R, -, cont RF trn side L, -; sd & trn RF R, -, side L, -; to back to
 back position and gesture „help“ to the wall, ~)