

HELP ME BOLERO

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Music: Sammi Smith: Help Me Make It Through The Night & Other Country Hits, Track 7
Available as a download from Amazon.com
Footwork: Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Bolero Phase: IV+1 [Horseshoe Turn] + 1 Unph [Layover]
Speed: 50 RPM or speed for comfort Difficulty Level: Easy to Intermediate
Sequence: INTRO A, B, A, END

INTRODUCTION

1 – 4 W BECKONS; M WALK 2 to CP; HIP ROCKS [2];;

1-4 [M fc ptr & WALL – 2 feet apt – M has R hand on hip & left down to sd & is looking at W – W has R hnd down & in front of body – L hnd down to sd – W's head down & slightly to L] W raises head to look at M & beckons him fwd with index finger of R hand; M fwd L,-, R blend to CP (W receive M),-;
[Hip Rocks] Rock sd L rolling hip sd & bk,-, rec R w/hip roll, rec L w/hip roll; Rock sd R rolling hip sd & bk,-, rec L w/hip roll, rec R w/hip roll;

PART A

1 – 4 TURNING BASIC;; CROSS BODY; LUNGE BREAK;

1-4 [Turning Basic] Sd L,-, bk R trng ¼ LF w/slip pivot action, sd & fwd L trng ¼ LF; Sd R,-, fwd L w/contra ck action, bk R end CP M fc COH;
[Cross Body] Sd & bk L trng LF,-, bk R w/slipping action trng LF, fwd W trng LF (W sd & fwd R,-, fwd L XIFO M trng LF, small sd R) blend to LOP M fc WALL;
[Lunge Break] Extend M's R (W's L) arm to sd move sd & fwd R with body rise,-, commence slight R fc body trn lowering on R lead W bk extend L to sd & bk, commence slight LF body trn rising on R to recover (W sd & bk L w/body rise,-, bk R w/contra ck like action, fwd L);

5 – 8 LEFT PASS; HORSESHOE TRN;; NEW YORKER;

5-8 [Left Pass] Fwd L to SCAR commence trn W RF,-, bk R w/slipping action, fwd L trng LF (W fwd R trng ¼ RF w/bk to M,-, sd & fwd strong LF trn, bk R [figure trng 3/8 LF];
[Horseshoe Trn] Sd & fwd R w/R sd stretch to a "V" position,-, slip thru L w/a checking action continue to shape to W, rec R raise lead hnds (W sd & fwd L w/L sd stretch to "V" position,-, slip thru R w/checking action to shape to M, rec L raise lead hnds); Fwd L commence LF trn,-, fwd R commence circle walk, fwd L complete circle walk to fc W (W fwd R commence RF trn,-, frwd L continue RF circle walk under joined lead hnds, fwd R complete circle walk to fc M [figure makes ¾ trn on this measure];
[New Yorker] Sd R w/body rise,-, fwd w/slipping action lowering & commence trn to sd by sd pos, bk commence trn to fc ptr end CP M fc WALL;

9 – 12 HALF BASIC; BRK BK to ½ OP; BOLERO WALK 6;;

9-12 [Half Basic] Sd L w/body rise,-, bk R w/slipping action, fwd L;
[Break Bk to ½ OP] Sd R w/body rise,-, sd & bk L blend to ½ OP lowering, rec
fwd R end ½ OP pos fc LOD;
[Bolero Walk 6] Fwd L w/body rise,-, fwd R lowering, fwd L; Fwd R w/body rise,-,
fwd L lowering, fwd R;

13 – 16 SWITCHES;; OPEN BASIC; FC & HIP ROCK to BFLY;

13-16 [Switches] Sd & fwd L w/body rise to fc W with both hnds on W's waist,-,
bk & sd R blend to ½ OP pos lowering, fwd L (W fwd R with body rise,-, fwd L, fwd
R) end both fc LOD W on M's L; Fwd R w/body rise lead W to fc M with both hnds
on W's waist,-, fwd L lowering, fwd R (W sd & fwd L w/body rise to fc M,-, bk & sd
R blend to ½ OP pos, fwd L) end ½ OP pos both fc LOD W on M's R;
[Open Basic] Sd & fwd L w/body rise blend to fc ptrn,- sd & bk R blend to ½ OP
pos fwd RLOD lowering, rec L;
[Face & Hip Rock to BFLY] Fwd R blend to CP rolling hip sd & bk,-, rec L w/hip
roll, rec R w/hip roll blending to BFLY;

PART B

1 – 4 DOUB HAND HOLD OP OUT [3];::: REV U/ARM TRN;

1-4 [Doub Hand Hold Op Out] Sd & fwd L w/body rise commence body rotation in
direction of weighted foot,-, lower on weighted foot complete upper body trn &
extend free foot to sd, rise & rotate (W sd & bk R w/body rise commence body
rotation to match ptrn,-, XL IBO R lowering, fwd R) still in BFLY; Sd & fwd R
w/body rise commence body rotation in direction of weighted foot,-, lower on
weighted foot complete upper body trn & extend free foot to sd, rise & rotate (sd &
bk L w/body rise commence body rotation to match ptrn,-, XR IBO L lowering, fwd
L) still in BFLY; Repeat Part B meas 1;
[Rev U/Arm Trn] Sd R w/body rise,-, XL IFO R lowering, bk R (W sd L w/body
rise commence LF trn under jnd lead hnds,-, XR IF lowering & continue trn ½ LF,
fwd L complete LF trn to fc M) end BFLY M fc WALL;

**5 – 8 PREPARE AIDA; AIDA LINE w/HIP ROCKS; FC & SPOT TRN;
HIP ROCK;**

5-8 [Prepare Aida] Sd L to modified slight open "V" pos shape twd ptrn,-, thru R,
trng RF step sd L;
[Hip Rock 3] Cont RF trn bk R in aida line rolling hip sd & bk,-, still in aida line
rec fwd L w/hip roll, still in aida line rec bk R w/hip roll;
[Fc & Spot Trn] Fwd & sd L trng to fc ptrn in BFLY & pnt L to sd,-, Release
hnds fwd & sd R trng ½ LF, fwd & sd L cont trn LF to CP; Repeat INTRO Meas 4;
[Hip Rock] Repeat INTRO Meas 4;

REPEAT PART A

ENDING

1 – 4 SHLDR to SHLDR [2];; M ROLL 2 [FC COH] (W SD X SD to TANDEM; DRAPE;

- 1-4 **[Shoulder to Shoulder]** In BFLY sd L w/body rise,-, XR IF to BJO lowering, bk L trn to fc ptrn,-; Sd R w/body rise,-, XL IFO to SCAR lowering, bk R trn to fc ptrn,-;
- [M roll 2 [fc COH] W sd X to Tandem]** Sd & fwd L trn $\frac{1}{4}$ LF,-, sd & fwd R trn $\frac{1}{2}$ LF,- (W sd R,-, XL IFO R,sd R) end tandem pos both L ft free to fc COH & join L hnds;
- [Drape]** Place L hnds on M's L hip & place M's R hnd on outsd of W's R thigh, hold pos while W drapes her R arm arnd front of M's R shldr & lowers L sd of her head to M's R shldr,-,-;