

Helene's Song

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RECORD: La Chanson D'Hélène (from 'Les Choses De La Vie') Artist: Hollywood Movie Strings
CD: Ballroom Perfection Track: 3
Download from casa-musica-shop.de Time: 2:32 (As Downloaded)
Music Modifications: None

FOOTWORK: Woman Opposite unless noted (Women's footwork in Parentheses)

RHYTHM: Roundalab Waltz Phase: 4a

SEQUENCE: Intro, A, B, C, A, B, C, End

DIFFICULTY: Average
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Intro

1-2 Wait 1 Measure ; Come Together to Closed ;

(1-2) LOP FC DLC trl foot free wait 1 meas ; tog R , tch L to CP DLC , - ;

Part A

1-4 Diamond Turn Half ; ; Quick Diamond 4 Checking; Turn Left and Chasse to BJO ;

(1-2) fwd L turning LF on the diagonal , cont LF trn sd R , bk L outside ptr in BJO ; trn LF bk R , sd L ,
fwd R outside ptr in BJO ;

(3-4) fwd L comm LF trn , cont LF trn sd R/bk L , bk R to CP DLC ; fwd L comm LF upper body trn , sd
R cont trn/cls L , sd R comp trn to BJO DRC ;

5-8 Impetus to SCP ; Weave to BJO ; ; Maneuver ;

(5-6) comm RF upper body trn bk L , cl R cont RF heel turn 3/8 , comp trn fwd L (comm RF upper
body trn fwd R between M's feet heel to toe pivoting RF 1/2 , sd and fwd L cont RF trn around
man brush R to L , comp trn fwd R) to SCP DLC ; fwd R DLC , fwd L comm LF trn , cont trn sd
and slightly bk R to DRC (fwd L comm LF trn , cont trn sd and slightly bk R , cont trn sd and fwd
L) ;

(7-8) bk L to LOD lead W to step outside to CBMP , bk R cont LF trn , sd and fwd L (fwd R outside ptr
to CBMP , fwd L cont trn , sd and slightly bk R) to BJO DLW ; fwd R beg RF upr bdy trn , cont
RF trn sd L , cl R (bk L beg RF upr bdy trn , sd R , cl L) to CP RLOD ;

9-12 Spin Turn ; Box Finish ; One Left Turn ; Hover Corte ;

(9-10) comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD , fwd R between ptr feet heel to
toe cont RF trn keeping L leg extended bk and sd , comp trn sd and bk L (comm RF upper bdy
trn fwd R between M feet heel to toe pivoting 1/2 RF , bk L toe cont trn brush R to L , comp
trn sd and fwd R ; bk R comm 1/4 LF trn , sd L , cl R ;

(11-12) fwd L comm up to 1/4 LF trn , cont trn up to 1/8 sd R diag across LOD , cl L to CP DRC ; bk R
comm LF trn , sd and fwd L with hovering action , rec R to BJO DLW ;

13-16 Outside Swivel to SCP ; Weave 3 to BJO ; Impetus to SCP ; Chair and Slip to CP DLC ;

(13-14) bk L , - , - (fwd R, swivel RF on ball of R foot end in SCP , - , -) to SCP DLC ; fwd R DLC , fwd L comm LF trn , cont trn sd and slightly bk R to DRC (fwd L comm LF trn , cont trn sd and slightly bk R , cont trn sd and fwd L) to BJO DRC ;

(15-16) comm RF upper body trn bk L , cl R cont RF heel turn 3/8 , comp trn fwd L (comm RF upper body trn fwd R between M's feet heel to toe pivoting RF 1/2 , sd and fwd L cont RF trn around man brush R to L , comp trn fwd R) to SCP DLC ; chk thru R with lunge action , rcv L , with slight LF upper bdy trn slip R bhd L cont to trn (chk thru with lunge action , rcv R , swivel LF on R and fwd L outside ptrs R ft) to CP DLC ;

Part B

1-4 Viennese Turns ; ; One Left Turn ; Back and Chasse to BJO ;

(1-2) fwd L comm LF trn , sd R cont LF trn , XLif (bk R comm LF trn , sd L cont LF trn , cl R) ; bk R cont LF trn , sd L cont LF trn , cl R (fwd L cont LF trn , sd R cont LF trn , XLif) to CP DLC ;

(3-4) fwd L comm up to 1/4 LF trn , cont trn up to 1/8 sd R diag across LOD , cl L ; bk R comm LF trn , sd L/cl R , sd L to BJO DLW ;

5-8 Forward to a Forward Lock Forward ; Maneuver ; Over Spin Turn ; Box Finish to DLW ;

(5-6) fwd R, fwd L/XRib of L, fwd L ; fwd R beg RF upr bdy trn , cont RF trn sd L , cl R (W bk L beg RF upr bdy trn , sd R , cl L) to CP RLOD ;

(7-8) comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD , fwd R between ptr feet heel to toe cont RF trn keeping L leg extended bk and sd , comp trn sd and bk L (comm RF upper bdy trn fwd R between ptr feet heel to toe pivoting 1/2 RF , bk L toe cont trn brush R to L , comp trn sd and fwd R) to CP DRW ; bk R comm 1/4 LF trn , sd L , cl R to DLW ;

9-10 Hover to SCP DLC ; Through and Chasse to BJO ;

(9-10) fwd L , fwd and slightly sd R rising to ball of foot , sd and slightly L to tight SCP DLC ; thru R comm trn to fc , sd L/cl R , sd L to BJO DLW ;

Part C

1-4 Step Forward Lady Developpe' ; Back and Chasse to SCAR ; Step Forward Lady Developpe' ; Back Side Close ;

(1-2) fwd R outside ptr checking , - , - (bk L , bring R ft up L leg to inside of L knee , extend R ft fwd , -) ; bk L comm RF trn , sd R/cl L , sd R to SCAR ;

(3-4) fwd L outside ptr checking , - , - (bk R , bring L ft up R leg to inside of R knee , extend L ft fwd , -) ; bk R , sd L to CP DLW , cl R ;

5-6 Whisk ; Slow Side Lock to CP DLC ;

(5-6) fwd L , fwd and sd R comm rise to ball of foot , XLib of R cont to full rise on ball of foot to SCP ; thru R , sd and fwd L to CP , XRib trn LF (thru L comm LF trn , sd and bk R cont LF trn to CP , XLif) to CP DLC ;

End

1-4 Two Left Turns ; ; Whisk ; Chair and Look Reverse ;

(1-2) fwd L comm up to 1/4 LF trn , cont trn up to 1/8 sd R diag across LOD , cl L ; bk R comm up to 1/4 LF trn , cont trn up to 1/8 sd L twd LOD to CP DLW , cl R ;

(3-4) fwd L , fwd and sd R comm rise to ball of foot , XLib of R cont to full rise on ball of foot to SCP ; lunge thru R with L side stretch look reverse , - , - ;

Helene's Song (Head Cues)

Waltz Phase 4a

Intro (2) Left Open DLC Lead Foot Free – Wait 1 Measure ; Come Together to Closed in 2;

A (16) Diamond Turn Half;; Quick Diamond 4 Checking; Turn Left and Chasse to BJO; Impetus to SCP;
Weave to BJO;; Maneuver; Spin Turn; Box Finish; One Left Turn; Hover Corte;
Outside Swivel to SCP; Weave 3 to BJO; Impetus to SCP; Chair and Slip to CP DLC;

B (10) Viennese Turns;; One Left Turn; Back and Chasse to BJO; Forward to a Forward Lock Forward;
Maneuver; Over Spin Turn; Box Finish; Hover to SCP; Through and Chasse to BJO;

C (6) Step Forward Lady Develope'; Back and Chasse to SCAR; Step Forward Lady Develope';
Back Side Close to CP DLW; Whisk; Slow Side Lock to CP DLC;

A (16) Diamond Turn Half;; Quick Diamond 4 Checking; Turn Left and Chasse to BJO; Impetus to SCP;
Weave to BJO;; Maneuver; Spin Turn; Box Finish; One Left Turn; Hover Corte;
Outside Swivel to SCP; Weave 3 to BJO; Impetus to SCP; Chair and Slip to CP DLC;

B (10) Viennese Turns;; One Left Turn; Back and Chasse to BJO; Forward to a Forward Lock Forward;
Maneuver; Over Spin Turn; Box Finish; Hover to SCP; Through and Chasse to BJO;

C (6) Step Forward Lady Develope'; Back and Chasse to SCAR; Step Forward Lady Develope';
Back Side Close; Whisk; Slow Side Lock to CP DLC;

End (4) Two Left Turns;; Whisk; Chair and Look Reverse;