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## People Help The People

Phrased, 56 Count, 1 Wall, Improver

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Choreographed to: People Help the People by Birdy

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Sequence A, A, B, A, A, B, A, B, A, B.

### Part A:

**Side, together, close, ½ turn check, ¾ turn ronde, ½ turn, weight change.**

- 1 RF to Right.
- 2 LF close back RF.
- &\* 1/4 turn left, RF forward.
- 3 Check LF forward (21:00).
- 4 ½ Turn RF, Rf step forward.
- & ½ turn right, LF step back
- 5 ¼ turn right, ronde RF (12:00).
- 6 RF cross behind LF.
- & ¼ turn left, LF forward.
- 7 RF step forward.
- A ¼ turn left, weight on left (18:00).
- 8 weight on RF.
- & Weight on LF.
- A Weight on RF

**¾ turn pirouette, rock recover, step backwards and hitch knee up, 3/8 turn run forward, walk back, walk back.**

- 1 ¾ turn pirouette
- 2 Rock RF forward (21:00).
- 3 Recover on LF.
- & RF step Back.
- A LF step Back.
- 4 Hitch R knee up.
- A Turn 3/8
- 5 RF step forward.
- & LF step forward.
- 6 RF step forward (14:00).
- 7 LF step back.
- 8 RF step back.

**Step back, kick forward, ½ turn right, walk forward, ½ turn ronde, step back, step out, step out, step back, touch backwards, turn ½, hold or body roll.**

- 1 LF step backwards, while doing this kick RF forward.
- 2 Turn ½, RF step forward.
- & LF step Forward.
- 3 Turn ½ ronde, weight on RF.
- 4 LF step back.
- & ½ turn right, RF step Right.
- A LF step left.
- 5 RF step Back, while doing this make body roll back (18:00).
- A LF touch backwards.
- 6 ½ turn left.
- 7 Hold or make a body roll 12:00).
- 8 Push right shoulder forward
- & Push left shoulder forward.

**¼ turn left ronde, ¼ turn right, knee bend belly contraction, arm up, knee hitch, step side, ½ turn, ½ turn, cross forward.**

- 1 Weight on LF, ¼ turn left make ronde with RF.
  - 2 RF step forward.
  - & ¼ right, LF step left.
  - 3 Bend knee's and contract your belly in.
  - & Lift up right elbow.
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- 4 Straighten right arm and hitch up right knee.
  - 5 RF step right.
  - 6 LF cross front RF
  - 7 ½ turn left, RF step back.
  - 8 ½ turn left, LF step forward.

**When** part B comes, part A changes at the last 3 counts, the steps will be:

- 6 ½ turn left, Lf step left.
- & ½ turn left, RF step right.
- 7 LF step out to Left.

**Part B:**

**LF hand forward, Right hand forward, 4/4 turn, triple step ronde, cross forward, step side, hitch cross backwards, step side, ¼ turn ronde, cross forward, step backwards, 1/4 turn.**

- 8 Point Left hand forward.
- & Point Right hand forward
- 1 Right hand hits Left hand, while doing this weight on RF and lock LF behind RF and turn ½ (18:00).
- 2 Weight on LF.
- & ¼ turn left, Change weight to RF.
- 3 ½ turn left, LF step forward, ronde RF.
- 4 RF step forward.
- & ¼ turn right, LF step left ( 12:00)
- 5 Hitch up Right knee.
- 6 RF cross backwards LF.
- & LF step left.
- 7 ¼ turn left, RF ronde (21:00).
- 8 RF cross over LF.
- & ¼ turn right, LF step back.

**Ronde, cross forward, ¼ turn step back, 1 1/8 pivot turn, check forward, back, side cross, side, sway. 1turn ¼ right RF step forward, ronde LF(15:00).**

- 2 LF cross over RF.
- & Turn 1/4 right, RF step back.
- 3 Turn ¼ left, LF step forward.
- 4 Turn ¼ left, RF step right.
- & Turn ½ left, LF step left.
- 5 RF check front LF (23:00).
- 6 LF step back.
- & RF step right.
- A LF cross over RF.
- 7 RF step right.
- 8 Sway weight to LF.

**Side, cross, side, sway, 4/4 running turn.**

- 1 Sway weight to RF (12:00).
- 2 LF cross over RF.
- 3 RF step right.
- 4 Sway weight to LF.
- & Sway weight to RF.
- 5 ¼ turn left, LF step forward.
- 6 RF step forward.
- 7 ¼ turn left, LF step forward.
- 8 ¼ turn left, RF step forward
- & ¼ turn left, LF cross over RF.