

Helpless

32 count, 4 wall, beginner level

Choreographer: William Sevone (March 2004)
Choreographed to: Helpless by Kim Weston, Best
Of~/Tamla Motown Big Hits (138 bpm)

Choreographers note:- A straight forward and uncomplicated dance which is firmly placed within the Beginner level (new levels). That is not to say that other levels above cannot join in the experience - why should the Beginners have all the fun.

There is a choice of where to start the dance - but for obvious reasons this MUST be decided upon BEFORE the music begins. For a real laid back attitude try the alternative music by Michael Buble. Dance start option 1 - After the 16 count intro with the start of the vocals - or - Dance start option 2 - (recommended) After 48 counts (32 after the vocals begin) with the word '...Suddenly...' as in '..Suddenly I realise...'

Both options start with feet together and weight on the left foot.

Rock Fwd. Rock. Shuffle Bwd. Rock Bwd. Rock. Shuffle Fwd (12:00)

- 1 - 2 Rock forward onto right foot. Rock onto left foot.
3& 4 Step backward onto right foot, close right foot next to left, step backward on right foot.
5 - 6 Rock backward onto left foot. Rock onto right foot.
7& 8 Step forward onto left foot, close right foot next to left, step forward onto left foot.

(All Steps Fwd) Diag Step R. Diag Step L. Diag Shuffle R. Diag Step L. Diag Step R. Diag Shuffle L (12:00)

- 9 - 10 Step right foot diagonally forward right. Step left foot diagonally forward left.
11& 12 (diagonally fwd right) Step forward onto right foot, close left foot next to right, step forward onto right foot.
13 - 14 Step left foot diagonally forward left. Step right foot diagonally forward right.
15& 16 (diagonally fwd left) Step forward onto left foot, close right foot next to left, step forward onto left foot.

Side Step. 1/2 Left Side Step. (All Steps Fwd) Diag Shuffle R. Diag Step L. Diag Step R. Diag Shuffle L (12:00)

- 17 - 18 Step right foot to right side. Turn 1/2 left & step left foot to left side.
19& 20 (diagonally fwd right) Step forward onto right foot, close left foot next to right, step forward onto right foot.
21 - 22 Step left foot diagonally forward left. Step right foot diagonally forward right.
23& 24 (diagonally fwd left) Step forward onto left foot, close right foot next to left, step forward onto left foot.

Side Step. 1/2 Left Side Step. 2x Sailor Step. Step Fwd. Pivot 1/4 Left (9:00).

- 25 - 26 Step right foot to right side. Turn 1/2 left & step left foot to left side.
27& 28 Cross step right foot behind left, step left foot next to right, step right foot to right side.
29& 30 Cross step left foot behind right, step right foot next to left, step left foot to left side.
31 - 32 Step forward onto right foot. Pivot 1/4 left (weight on left foot).

Other suggested music:	Michael Buble	For once in my life (95 bpm)
	T.Cane Honey	Southern kickin', finger lickin, twangin' rockin' boogie (118 bpm)
	Gloria Gaynor	Just keep thinking about you (127 bpm)
	Ramsey Lewis Trio	Wade in the water (136 bpm)
	Chuck Wood	Seven days are too long (138 bpm)
	Colin Raye	Thats my story (138 bpm)
	Frankie Valli	You're ready now (138 bpm)