

HELENA AB

Count: 32 **Wall:** 4 **Level:** Absolute Beginner

Choreographer: Charlotte Steele (SA) – July 2025

Music: Helena (Remastered 2023) – Jack de Nijs (a.k.a. Jack Jersey)

In loving memory of my mother, Helena Elisabeth, a.k.a. Moeke (1910-1994).

Intro: 20 counts. Start on vocals. No Tags. No Restarts.

Sec.1: Point Forward-Side-Forward, Step Together x2 R-L.

- 1-3 Point R forward, to right side, forward
- 4 Step R next to L (weight onto R) (12:00)
- 5-7 Point L forward, to left side, forward
- 8 Step L next to R (weight onto L) (12:00)

Sec.2 Step-Lock-Step-Scuff x2 R-L.

- 1-2 Step forward on R, lock L behind R
- 3-4 Step forward on R, scuff L forward
- 5-6 Step forward on L, lock R behind L
- 7-8 Step forward on L, scuff R forward (12:00)

Sec.3 Step-Pivot 1/4 Left x2. Walk Forward R-L-R-L.

- 1-2 Step forward on R, pivot $\frac{1}{4}$ turn left (9:00)
- 3-4 Step forward on R, pivot $\frac{1}{4}$ turn left (6:00)
- 5-8 Walk forward stepping R, L, R, L (weight ends on L) (6:00)

Sec.4 Step Side-Slide x2 R-L. Pivot 1/4 Right-Slide. Step Side-Slide.

- 1-2 Long step R to right side, slide/drag L and touch next to R (6:00)
- 3-4 Long step L to left side, slide/drag R and touch next to L (6:00)
- 5-6 Pivot $\frac{1}{4}$ turn right stepping R to right side, slide/drag L and touch next to R (9:00)
- 7-8 Step L to left side, slide/drag R and touch next to L (9:00)

Start Again

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