

People Help The People

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Count: 56

Wall: 1

Level: Intermediate

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Music: Birdy, - People Help the People

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.

1RF to Right.

2LF close back RF.

&*1/4 turn left, RF forward.

3 Check LF forward (21:00).

4½ Turn RF, Rf step forward.

&½ turn right, LF step back

5¼ turn right, ronde RF (12:00).

6RF cross behind LF.

&¼ turn left, LF forward.

7RF step forward.

0A ¼ turn left, weight on left (18:00).

8weight on RF.

& Weight on LF.

0A Weight on RF

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

1¾ turn pirouette

2 Rock RF forward (21:00).

3 Recover on LF.

&RF step Back.

0A LF step Back.

4 Hitch Rknee up.

0A Turn 3/8

5RF step forward.

&LF step forward.

6RF step forward (14:00).

7LF step back.

8RF 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.

1LF step backwards, while doing this kick RF forward.

2 Turn ½, RF step forward.

&LF step Forward.

3 Turn ½ ronde, weight on RF.

4LF step back.

&½ turn right, RF step Right.

0A LF step left.

5RF step Back, while doing this make body roll back (18:00).

0A LF touch backwards.

6½ 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.

2RF step forward.

&¼ right, LF step left.

3 Bend knee's and contract your belly in.

& Lift up right elbow.

4 Straighten right arm and hitch up right knee.

5RF step right.

6LF cross front RF

7½ turn left, RF step back.

8½ turn left, LF step forward.

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

6½ turn left, Lf step left.

&½ turn left, RF step right.

7LF 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.

3½ turn left, LF step forward, ronde RF.

4RF step forward.

&¼ turn right, LF step left (12:00)

5 Hitch up Right knee.

6RF cross backwards LF.

&LF step left.

7¼ turn left, RF ronde (21:00).

8RF 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).

2LF cross over RF.

& Turn 1/4 right, RF step back.

3turn ¼ left, LF step forward.

4 Turn ¼ left, RF step right.

& Turn ½ left, LF step left.

5RF check front LF (23:00).

6LF step back.

&RF step right.

0A LF cross over RF.

7RF step right.

8 Sway weight to LF.

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

1 Sway weight to RF (12:00).

2LF cross over RF.

3RF step right.

4 Sway weight to LF.

& Sway weight to RF.

5¼ turn left, LF step forward.

6RF step forward.

7¼ turn left, LF step forward.

8¼ turn left, RF step forward

&¼ turn left, LF cross over RF.

Start again.