

# Help Yourself

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**MUSIC:** Record: Parrot 45-40029 vocalist: Tom Jones, Flip/ "Day By Day" available from Palomino

**RHYTHM:** Samba **PHASE:** RAL Ph IV+2 (bota fogo to scp & rscp, contra bota fogo) **RELEASE:** January 2005

**FOOTWORK:** Described for man, opposite for lady, or as noted in parentheses **TIMING:** 1a2 3a4 - unless noted in left margin

**SEQUENCE:** INTRO-A-B-INTERLUDE-A(mod)-Bridge-B-Bridge-ENDING

## INTRODUCTION

### 1-4 WAIT; BASIC; REV TRN TWICE to SCP;;

1 In CP/LOD wait 1 meas;

2{**basic**} fwd L/cl R, in pl L, bk R/cl L, in pl R; CP/LOD

3{**rev trn**} fwd L trng LF/sd R, XLIF of R cont trn(cl R), bk R cont trn/sd L, cl R (XLIF of R); complete 1 full trn to CP/LOD

4 Repeat meas 3 but on last 2 steps: sd L trn to scp, cl R (sd R trn to scp, cl L); completing ¾ trn to end SCP/LOD

## PART A

### 1-4 COPACABANAS to CP;; BOTA FOGO to SCP & to RSCP; BOTA FOGO to SCP & THRU FC CLOSE;

1-2 {**copas**} releasing hndhold trn LF (RF) in 4 \***sba wks**\* - the 1<sup>st</sup> to OP/LOD, the 2<sup>nd</sup> to bk to bk still moving apt, the 3<sup>rd</sup> to LOP, the 4<sup>th</sup> ending in loose CP;;

\*{**sba wks**} fwd L/place R bk on insd edge of toe, pull L bk twd R, fwd R/pl L bk on insd edge of toe, pull R bk twd L;

3 {**bota fogo scp & rscp**} fwd L/sd R trng 1/8 LF, rec L to scp, thru R/sd L trng ¼ RF rec R in rscp;

4 {**bota fogo & thru fc cl**} thru L/sd R trng ¼ LF, rec L to scp, thru R/sd L trng to wall, cl R; to CP/WALL

### 5-8 BASIC TWICE on 2<sup>nd</sup> LADY UNDERARM TRN to BFLY;; SBA AWAY & TOG TWICE;;

5 {**basic**} repeat meas 2 INTRO; remain in CP/WALL

6 {**basic w undr**} raise ld hnds repeat meas 2 INTRO;(trn RF undr jnd ld hnds swivel RF on left ft fwd R to WALL/pl L bk on

insd edge of toe, cont trn fwd R to CP, fwd L/cl R, in pl L;) [W completes ½ spot volta then a basic ending]

7 {**sba awy & tog 2x**} 2 *Sba Wks*\* moving diagonally LF (RF) across LOD away from ptr & then moving bk to face to bfly;

8 repeat meas 7;

### SBA WK to ½ OP & PROMENADE RUN; LADY RUN & SBA WK to SCP; ROLL 3 & THRU

### FC CLO; LAZY SBA TRNS TO LOD;

1a2 qqs 9 {**sba wk ½ op, prom run**} fwd L/pl R bk on insd edge of toe, pull L bk & blend to ½ OP, fwd R looking over R shdr,

fwd L trng sharply RF across LOD in frnt of W, fwd R, -; (fwd R/pl L bk on insd edge of toe, pull R bk blend to

½ OP, thru L, fwd R between M's ft, fwd L looking at ptr, -;) to Left ½ OP fcg LOD

qqs 3a4 10 {w run & sba wk} thru L, fwd R between W's ft, fwd L to ½ OP, -, fwd R/pl L bk on insd edge of toe, pull R bk;

(fwd R looking over R shdr, -, fwd L trn sharply RF in frnt of M, fwd R to ½ OP, fwd L/place R bk on insd edge of toe,

pull L bk twd R,;)to ½ OP/LOD

qqs qqs 11 {roll 3, thru fc cl} trng LF (RF) away from ptrn fwd L, cont trn to fc bk R, sd L to BFLY, -, thru R, sd L, cl R, -;CP/WALL

12 {lazy sba trns} fwd L trng 1/8 LF/cl R, in pl L, bk R trng 1/8 LF/cl L, in pl R; CP/LOD

### **13-16 REV TRNS TWICE to SCP;; COPACABANAS;;**

13-14 Repeat meas 3-4 INTRO;;

15-16 Repeat meas 1-2;; PART A

## **PART B**

### **1-3 WHISK L & R to SCP; SBA WK & SD WK; CRISS CROSS VOLTA;**

1 {whisk l & r} sd L/XRIB of L, rec in pl L, sd R/XLIB of R, rec in pl R; to SCP/LOD

2 {sba wk & sd wk} fwd L/pl R bk on insd edge of toe, pull L bk twd R, fwd R/sd L on insd edge of toe, pull R twd L flat ft;

end in very loose SCP man slightly beh W

1a2a3a4 3 {criss x volta} curving ¼ LF & changing sds undr jnd ld hnds crossing beh W to LOP/COH XLIF of R/sd & slightly bk R insd

edge of toe, XLIF of R/sd & slightly bk R insd edge of toe, XLIF of R/sd & slightly bk R insd edge of toe, XLIF of R; to

BFLY/COH

### **4-6 [IN BFLY] WHISK R & L; [to LOD] SBA WK & SD WK; CRISS CROSS VOLTA**

**[to SCP];**

4 {whisk r & l} sd R/XLIB of R, rec in pl R, sd L/XRIB of L, rec in pl L; to L ½ OP fcg LOD

5 {sba wk & sd wk} fwd R/pl L bk on insd edge of toe, pull R bk twd L, fwd L/sd R insd edge of toe, pull L sd twd R flat ft;

1a2a3a4 6 {criss x volta} curving ¼ RF change sds undr ld hnds crossing beh W XRIF of L/sd & slightly bk L insd edge of toe,

XRIF of L/sd & slightly bk L insd edge of toe, XRIF of L/sd & slightly bk L insd edge of toe, XRIF of L; to SCP/LOD

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## **PART B (CONT'D)**

### **7-9 SBA WK Man FT CHG to BJO; CONTRA BOTA FOGO 2X; ROUNDABOUT to SCAR/WALL;**

1a2 34 7 {sba wk & ft chg bjo} fwd L/push bk R, pull L bk twd R, pt fwd R, pt bk R; (fwd R/push bk L, pull R twd L,

(1a2 3a4) fwd L/trng LF sd R, rec L to complete ¼ LF trn;) end loose CBJO/DLW [BOTH NOW HAVE R FT FREE] OPTION: for “ft chg” instead of “pt fwd R, pt bk R”, man can do a “flick chg” 3a4 flick R fwd/bk R, rec L,

8 {contra bota fogo} fwd R outsd ptr/sd L on insd edge of toe trng ¼ RF, rec R, fwd L outsd ptr/ sd R trng ¼ LF, rec L;

1a2a3a4 9 {roundabout} moving cw XRIF of L/sd L, XRIF of L/sd L, XRIF of L/sd L trng RF, rec R; to loose contra SCAR/DRW

**10-12 CONTRA BOTA FOGO 2X; CONTRA BOTA FOGO & FT CHG SCP;  
TRAVELING VOLTA w/LEAD HNDS HIGH;**

10 {contra bota fogo 2x} fwd L outsd ptr/sd R on insd edge of toe trng ¼ LF, rec L, fwd R outsd ptr/ sd L trng ¼ RF, rec R;

1a2 34 11 {contra bota fogo & ft chg} fwd L outsd ptr/sd R on insd edge of toe trng ¼ LF, rec L, pt fwd R, pt bk R; (1a2 3a4) (repeat meas 10); end in SCP/LOD

1a2a3a4 12 {traveling volta} moving down LOD XRIF of L/sd L, XRIF of L/sd L, XRIF of L/sd L, XRIF of L; to fc & ld hnds raised

\*NOTE: On 2<sup>nd</sup> time thru PART B, end meas 12 in CP

**INTERLUDE**

**1-4 MAYPOLE; SD SAMBA BREAKS w/TCH ENDG; MARCHESSI;;**

1a2a3a4 1 {maypole 2x} [trn LF arnd w making 1 full trn] swvl LF on R ft XLIF of R/sd & slightly bk R, XLIF of R/sd & slightly bk R,

XLIF of R/sd & slightly bk R, XLIF of R; ([undr jnd ld hnds trn RF in a spot volta making 2 full trns] swvl RF on L ft

XRIF of L/rec L, cont trng XRIF of L/rec L, cont trng XRIF of L/rec L, XRIF of L;) CP/WALL \*\*See Option Below

2 {sd sba breaks} sd R/rec L, cl R, sd L/rec R, tch L; CP/WALL

1a2a3a4a3 {marchessi} press L heel fwd/rec R in pl, press L toe bk/rec R in pl, press L heel fwd/rec R in pl, press L heel fwd/rec R in pl;

1a2a3a4a4 press L toe bk/rec R in pl, press L heel fwd/rec R in pl, press L toe bk /rec R in pl, press L toe bk/rec R in pl; CP/WALL

**5-6 SPOT VOLTA L & R;;**

1a2a3a4 5 {spot volta l} [trn LF making 2 solo trns away & bk to ptrn] swvl LF on R ft XLIF of R/rec R, trn LF XLIF of R/rec R, trn LF

XLIF of R/rec R, trn LF XLIF of R; (repeat meas 1 INTRO;)

1a2a3a4 6 {spot volta r} repeat meas 5 - but trng RF crossing RIF of L; (repeat meas 1- but trng LF crossing LIF of R;) to CP/WALL

\*\*OPTION: Spot Volta can trn only 1 full trn for W in meas 1, and for both M & W in meas 5 & 6

**PART A(mod)**

**1-7 BASIC TWICE on 2<sup>nd</sup> LADY UNDERARM TRN to BFLY;; SBA AWAY & TOG TWICE;;**

**SBA WK to ½ OP & PROM RUN; LADY RUN & SBA WK to SCP; ROLL 3 & THRU FC CL;**

1-7 repeat meas 5-11 PART A;;;;;;

**8 BASIC;**

8 repeat meas 2 INTRO; CP/WALL

**BRIDGE**

**1 MERENGUE 4;**

1,2,3,4 1 {merengue 4} sd L rolling from insd ball of L ft to flat ft, cl R, sd L rolling from insd ball of L ft to flat ft, cl R; to CP/WALL,

**PART B**

**1-3 WHISK L & R to SCP; SBA WK & SD WK; CRISS CROSS VOLTA;**

**4-6 WHISK R & L; [to LOD] SBA WK & SD WK; CRISS CROSS VOLTA;**

**7-9 SBA WK & FT CHG to BJO; CONTRA BOTA FOGO 2X; ROUNDABOUT to SCAR/WALL;**

**10-12 CONTRA BOTA FOGO 2X; CONTRA BOTA FOGO & FT CHG SCP; TRVLG VOLTA to CP;**

**Repeat BRIDGE to SCP/LOD**

### **ENDING**

**1-3 COPACABANAS;; MERENGUE 2 & APT PT;**

1-2 repeat meas 1-2, PART A;

1,2,3,4 3 {merengue 2 & apt pt} sd L rolling from insd ball of L ft to flat ft, cl R, apt sd L, pt R to ptr with lead arm up;