

## HELP ME RHONDA



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Record: Collectables (Beach Boys).

Choreographer Coach: Lorraine Hahn L.I.S.T.D

Sequence: A (3 – 16) B A B C B MOD (Slow for comfort)

Phase Rating: JIVE RAL 5 + 2 (Rolling off the arms & Simple Spin)

### A

**1 - 16 WAIT;; WHIP THROWAWAY (2X);;;; LINK - BK WALKS IN SCP - KICK STEPS CHANGE OF PLACES RIGHT TO LEFT TO SHAKE HANDS;;;;CHANGE OF PLACES LEFT TO RIGHT TO TANDEM - CATAPULT;;; CHANGE OF PLACES LEFT TO RIGHT INTERRUPTED WITH A SIMPLE SPIN;; ROCK TO THE KICK BALL CHANGE;**

1 – 4 **[WHIP THROWAWAY]** Rk apt L, rec R comm rfc trn, chasse L/R,L to cp fcg RLOD; XRIB of L sd L, cont trn chasse R/L,R releasing W end OP pos fcg w (Rk apt R, rec L, chasse R/L, R to cp; fwd L trng rfc, cont trn fwd R, chasse apt L/R, L); REPEAT LAST MEAS;; 5 –16 **[LINK]** Rk apt L, rec R, chasse L/R, L ; chasse R/L, R to scp,, **[BACK WALKS]** Bk L,R,L,R staying in scp,; **[KICK STPS]** Kick L to LOD, stp L beside R, kick R twd LOD , stp sd R trng to fc ptr; kick L outsd ptr [DLW] , stp L, Kick R betwn ptr's ft, stp R (Kick R LOD, stp R beside L, kick L LOD, stp sd L trng to fc ptr; Kick R betwn ptr's ft, stp R, kick L outsd ptr [DRC], stp L); **[CHNGE PLACES R TO L TO SHAKE HNDNS]** Rk bk L, rec R, chasse L/R, L trng W rfc now fcg LOD; chasse R/L, R end with rt hnd shake, **[LEFT TO RT TO TANDEM]** Rk apt L, rec R, chasse sm fwd L/R, L leadin W to pass M's rt sd; chasse in pl R/L, R fcg LOD (Rk apt R, rec L, chasse R/L, R trning lfc & passing M's rt sd; chasse cont arnd M to tandem pos twds his lft sd) join left hnds; **[CATAPULT]** Rk fwd L, rec R releasing Rt hnds, chasse L/R lead W fwd past M's lft sd, L spin W rfc; chasse in pl R/L, R (Rk bk R, rec L, fwd R/L,R spinning rfc in frnt of M on his lft sd; chasse L/R, L now in frnt of ptr lead hnds jnd) **[L TO R INTERRUPTED WITH SIMPLE SPIN]** Rk apt L, rec R, chasse L/R, L lead W to trn lfc now fcg w; rk sd R, rec L spinning W Rfc, chasse R/L, R (Rk apt R, rec L, chasse R/L, R trng Lfc to fc ptr ; Rk sd L, rec R spinning Rfc, chasse L/R, L fcg ptr); **[RK TO KICK BALL CHANGE]** Rk bk L, rec R, kick fwd L, take wght on ball of L/ replace wght on R join right hnds;

### B

**1 - 9 ROLLING OFF THE ARMS (2X);;;; AMERICAN SPIN –ROCK, RECOVER TO BFFLY;; TOE-HEEL CROSSES;;;**

1 - 9 **[ROLLING OFF ARMS]** Handshake pos Rk bk L, rec R, chasse L/.R, L trng rfc and wrapping W lfc into crook of right arm; wheel fwd R,L, chasse R/L, R unwrapping W end fcg w (Rk bk R, rec L, chasse R/L, R trng lfc & wrapping into M's rt arm; bk wheel L, R, chasse L/R, L unwrapping rfc to fc); REPEAT LAST TWO MEASURES;; **[AMERICAN SPIN]** Rk apt L, rec R, chasse in pl L/R, L spinning W rfc; chasse R/L, R, **[RK, REC TO BFFLY]** Rk apt L, rec R; **[TOE-HEEL CROSSES]** Bffly pos and keeping arms steady toe in on L, heel in on L, XLIF of R taking wght, toe in on R,; Heel in on R, XRIF of L taking wght, toe in on L, heel in on L; XLIF of R taking wght, Toe in on R, heel in on R, XRIF of L taking wght;

**10 – 16 FLICKS INTO BREAKS;;;,, THROAWAY;;;, CHANGE OF PLACES LEFT TO RIGHT;;**

10 - 16 [FLICKS INTO BREAKS]NB: BECAUSE OF THE TOE HCROSSESTHERE IS NO Rk, Rec BEFORE THE FLICKS & BREAKS. Pt L, stp L fwd, pt R thru, stp R fwd; Pt L, stp L fwd, kick R thru, stp sd R; kick L thru, stp sd L, kick R thru, stp sd R; kick L thru, stp sd L, lunge thru R, hold; hold, rec on ball of L ft/stp in pl on R, [THROAWAY] Chasse L/R,L trng ¼ to fc LOD & keeping arm dwn bring W to fc M; chasse fwd R/L, R, [LEFT TO RIGHT] Rk apt L, rec R; Chasse L/R,L trng ¼ and trng W lfc under lead arms, chasse R/L, R fcg wall;

**C**

**1 - 12 LINK - CHANGE OF PLACES RIGHT TO LEFT;;; CHANGE OF PLACES LEFT TO RIGHT TO CONTINUOUS CHASSE WITH HAMMERLOCK HOLD;; RK, REC, & CHASSE TO BACK TO BACK POS – ROCK FORWARD, RECOVER IN PLACE (2X);,,LADY AROUND TO FAC-2 TRIPPLES,,, RK,REC;TURNING PT STEPS;; CHASSE LEFT & RIGHT TO HANDSHAKE;**

1 - 12 [LINK] Rk apt L, rec R, sm chasse L/R, L; sd R/L, R to cp, [CHANGE OF PLACES R TO L] Trng to scp rk bk L, rec R; chasse trng ¼ to fc LOD L/R,L trng W rfc, chasse sm fwd R/L, R; [CHANGE PLACES L TO R TO CONT CHASSE WITH HAMMERLOCK HOLD] Rk bk L, rec R, chasse trng rfc L/R,L while trng W lfc, chasse R/L,R/L,R/L R twd DRW taking W's L hnd with M's R hnd (Rk bk R, rec L, chasse R/L, R trng lfc; chasse L/R, L/R, L/R, L while placing L hnd bhnd bk) now in Hammerlock hold; [RK & CHASSE TO BK TO BK POS] Rk apt L, rec R, chasse L/R, L M going under jnd lead hnds ( Rk apt R, rec L, chasse FwdR/cl L, sd R) W bhnd M hnds jnd low; chasse sd R/cl L, sd R (chasse cl L/sd R, cl L) still in bk to bk pos W on M's L sd, [RK FWD, REC IN PL (2X)] Looking at ptrs in place rk fwd L, rec R; rk fwd L, rec R, [LADY ARND TO FC 2 TRIPPLES] Release M's R & W's L hnd Chasse in pl L/R, L keeping L hnd low lead W to circle rfc; chasse in pl R/L, R bringing W to fc, (Trng rfc chasse R./L, R, L/R,L now fcg M) [RK TOTURNING PT STPS] Bffly Rk bk L, rec R; keep wgt on R lift left knee and pt L toe thru twd RLOD, trng slightly lfc sm stp fwd L twd LOD , lift right knee and pt R toe across in frnt of L, sm stp fwd twd LOD on R trng slightly rfc to fc ptr, keep wgt on R lift lft knee and pt L toe thru twd RLOD, trn lfc stp fwd L twd LOD, lift R knee and pt R toe across in frnt of L, sm stp fwd twd LOD on R; [CHASSE L & R TO HANDSHAKE] Chasse sd L/R, L, Sd R/L, R leading W to move apart and change to handshake pos;

**B MOD**

**1 – 14 ½ REPEAT MEAS 1 – 14 ½ OF PART B;,,,,,,,,,,,,, 14 ½ -18 STOP & GO;; STOP & GO MOD & HOLD;**

14 ½ - 18 [STOP & GO;; STOP & GO MOD & HOLD] Rk bk L, rec R, chasse fwd L/R, L trng W lfc under jnd lead hnds; Fwd R placing R hnd on W's upper bk, rec L, sm bk R/L,R trng W rfc ( Rk bk R, rec L, chasse R/L, R trng lfc ½; bk L, rec R, chasse L/R,L trng rfc ½) now in OP fcg LOD; Rk bk L, rec R, chasse fwd L/R, L trng W lfc under jnd lead hands; Rk fwd R placing R hnd on W's upper bk, look at W & HOLD;;,