HELP ME BOLERO

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Music: Sammi Smith: Help Me Make It Through The Night & Other Country Hits, Track 7
Available as a download from Amazon.com

Footwork: Opposite, directions for man except as noted (W’s in parentheses)
Rhythm: Bolero Phase: IV+1 [Horseshoe Turn] + 1 Unph [Layover]
Speed: 50 RPM or speed for comfort Difficulty Level: Easy to Intermediate
Sequence: INTRO A, B, A, END

INTRODUCTION

1 – 4  W BECKONS; M WALK 2 to CP; HIP ROCKS [2];;

1-4  [M fc ptnr & WALL – 2 feet apt – M has R hand on hip & left down to sd & is looking at W – W has R hnd down & in front of body – L hnd down to sd – W’s head down & slightly to L] W raises head to look at M & beckons him fwd with index finger of R hand; M fwd L, R blend to CP (W receive M), -;

[Hip Rocks] Rock sd L rolling hip sd & bk, rec R w/hip roll, rec L w/hip roll; Rock sd R rolling hip sd & bk, rec L w/hip roll, rec R w/hip roll;

PART A

1 – 4  TURNING BASIC;; CROSS BODY; LUNGE BREAK;

1-4  [Turning Basic] Sd L, bk R trng ¼ LF w/slip pivot action, sd & fwd L trng ¼ LF; Sd R, fwd L w/contra ck action, bk R end CP M fc COH;

[Cross Body] Sd & bk L trng LF, bk R w/slipping action trng LF, fwd W trng LF (W sd & fwd R, fwd L XIFO M trng LF, small sd R) blend to LOP M fc WALL;

[Lunge Break] Extend M’s R (W’s L) arm to sd move sd & fwd R with body rise, -; commence slight R fc body trn lowering on R lead W bk extend L to sd & bk, commence slight LF body trn rising on R to recover (W sd & bk L w/body rise, -; bk R w/contra ck like action, fwd L);

5 – 8  LEFT PASS; HORSESHOE TRN;; NEW YORKER;

5-8  [Left Pass] Fwd L to SCAR commence trn W RF, bk R w/slipping action, fwd L trng LF (W fwd R trng ¼ RF w/bk to M, -; sd & fwd strong LF trn, bk R [figure trng 3/8 LF];

[Horseshoe Trn] Sd & fwd R w/R sd stretch to a “V” position, -; slip thru L w/a checking action continue to shape to W, rec R raise lead hnds (W sd & fwd L w/L sd stretch to “V” position, -; slip thru R w/checking action to shape to M, rec L raise lead hnds); Fwd L commence LF trn, -; fwd R commence circle walk, fwd L complete circle walk to fc W (W fwd R commence RF trn, -; fwd L continue RF circle walk under joined lead hnds, fwd R complete circle walk to fc M [figure makes ¾ trn on this measure];

[New Yorker] Sd R w/body rise, -; fwd w/slipping action lowering & commence trn to sd by sd pos, bk commence trn to fc ptnr end CP M fc WALL;
9 – 12  **HALF BASIC; BRK BK to ½ OP; BOLERO WALK 6;;**

9-12  **[Half Basic]** Sd L w/body rise, -, bk R w/slipping action, fwd L;

**[Break Bk to ½ OP]**  Sd R w/body rise, -, sd & bk L blend to ½ OP lowering, rec fwd R end ½ OP pos fc LOD;

**[Bolero Walk 6]**  Fwd L w/body rise, -, fwd R lowering, fwd L;  Fwd R w/body rise, -, fwd L lowering, fwd R;

13 – 16  **SWITCHES;; OPEN BASIC; FC & HIP ROCK to BFLY;;**

13-16  **[Switches]**  Sd & fwd L w/body rise to fc W with both hnds on W’s waist, -, bk & sd R blend to ½ OP pos lowering, fwd L (W fwd R with body rise, -, fwd L, fwd R) end both fc LOD W on M’s L;  Fwd R w/body rise lead W to fc M with both hnds on W’s waist, -, fwd L lowering, fwd R (W sd & fwd L w/body rise to fc M, -, bk & sd R blend to ½ OP pos, fwd L) end ½ OP pos both fc LOD W on M’s R;

**[Open Basic]**  Sd & fwd L w/body rise blend to fc ptnr, - sd & bk R blend to ½ OP pos fwd R LOD lowering, rec L;

**[Face & Hip Rock to BFLY]**  Fwd R blend to CP rolling hip sd & bk, -, rec L w/hip roll, rec R w/hip roll blending to BFLY;

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**PART B**

1 – 4  **DOUB HAND HOLD OP OUT [3];;; REV U/ARM TRN;;**

1-4  **[Doub Hand Hold Op Out]**  Sd & fwd L w/body rise commence body rotation in direction of weighted foot, -, lower on weighted foot compete upper body trn & extend free foot to sd, rise & rotate (W sd & bk R w/body rise commence body rotation to match ptnr, -, XL IBO R lowering, fwd R) still in BFLY;  Sd & fwd R w/body rise commence body rotation in direction of weighted foot, -, lower on weighted foot complete upper body trn & extend free foot to sd, rise & rotate (sd & bk L w/body rise commence body rotation to match ptnr, -, XR IBO L lowering, fwd L) still in BFLY;  Repeat Part B meas 1;

**[Rev U/Arm Trn]**  Sd R w/body rise, -, XL IFO R lowering, bk R (W sd L w/body rise commence LF trn under jnd lead hnds, -, XR IF lowering & continue trn ½ LF, fwd L complete LF trn to fc M) end BFLY M fc WALL;

5 – 8  **PREPARE AIDA; AIDA LINE w/HIP ROCKS; FC & SPOT TRN; HIP ROCK;;**

5-8  **[Prepare Aida]**  Sd L to modified slight open “V” pos shape twd ptnr, -, thru R, trng RF step sd L;

**[Hip Rock 3]**  Cont RF trn bk R in aida line rolling hip sd & bk, -, still in aida line rec fwd L w/hip roll, still in aida line rec bk R w/hip roll;

**[Fc & Spot Trn]**  Fwd & sd L trng to fc ptnr in BFLY & pnt L to sd, -, Release hnds fwd & sd R trng ½ LF, fwd & sd L cont trn LF to CP;  Repeat INTRO Meas 4;

**[Hip Rock]**  Repeat INTRO Meas 4;

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REPEAT PART A
ENDING

**1 – 4**  **SHLDR to SHLDR [2];**  **M ROLL 2 [FC COH] (W SD X SD to TANDEM; DRAPE;**

**1-4**  **[Shoulder to Shoulder]** In BFLY sd L w/body rise,-, XR IF to BJO lowering, bk L trn to fc ptnr,-;  Sd R w/body rise,-, XL IFO to SCAR lowering, bk R trn to fc ptnr,-;  

**[M roll 2 [fc COH] W sd X to Tandem]**  Sd & fwd L trn ¼ LF,-, sd & fwd R trn ½ LF,- (W sd R,-, XL IFO R, sd R) end tandem pos both L ft free to fc COH & join L hnds;  

**[Drape]**  Place L hnds on M’s L hip & place M’s R hnd on outs of W’s R thigh, hold pos while W drapes her R arm arnd front of M’s R shldr & lowers L sd of her head to M’s R shldr,-,,-;