HELP ME RHONDA

Composers: Pete & Mary McGee, 1333 Kingston Ct, Northampton, Pa. 18067
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Record: Collectables (Beach Boys). Call 635

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)

1 - 16 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 tm, chasse L/R, L to cp fcq RLOD; XRIB of L
sd L, cont tm chasse R/L, R releasing W end OP pos fcq w (Rk apt R, rec L, chasse R/L, R to cp; fวด
L tmg rfc, cont tm fวด R, chasse apt L/R, L); REPEAT LAST MEAS;;;; 5 -16 [LINK] Rk apt L, rec R,
L to LOD, stp L beside R, kick R fwend LOD , stp sd R tmg to fc ptr; kick L outsd ptr [DLO], stp L, Kick
R betw ptr's st, stp R (Kick R LOD, stp R beside L, kick L LOD, stp sd L tmg to fc ptr; Kick R betw
ptr's st, stp R, kick L outsd ptr [DRC], stp L); [CHANGE PLACES R TO L TO SHAKE HNDS] Rk bk L,
rec R, chasse L/R, L tmg W fwc now fcq LOD; chasse R/L, R end with rt hnd shake, [LEFT TO RT
TO TANDEM] Rk apt L, rec R, chasse sm fวด L/R, L leadin W to pass M's rt sd; chasse in pl R/L, R
fcq LOD (Rk apt R, rec L, chasse R/L, R tmg insf & passing M's rt sd; chasse cont amd M to tandem
pos fวดs his lft sd) jin left hnds; [CATAPULT] Rk fวด L, rec R releasing Rt hnds, chasse L/R lead W
fวด past M's lft sd, L spin W fwc; chasse in pl R/L, R (Rk bk R, rec L, fวด R/L, R spinning fwc in fmt
of M on his lft sd; chasse L/R, L now in fmt of ptr lead hnds jnd) [L TO R INTERRUPTED WITH SIMPLE
SPIN] Rk apt L, rec R, chasse L/R, L lead W to tm fwc now fcq w, rľ sd R, rec L spinning W fwc,
chasse R/L, R (Rk apt R, rec L, chasse R/L, R tmg fwc to fc ptr; Rľ sd L, rec R spinning fwc, chasse
L/R, L fcq ptr); [RK TO KICK BALL CHANGE] Rk bk L, rec R, kick fวด L, take wght on ball of L/
replace wght on R join right hnds;

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

into crook of right arm; wheel fวด R/L, chasse R/L, R unwrapping W end fcq w (Rk bk R, rec L, chasse R/L,
R tmg fwc & wrapping into M's rt arm; bk wheel L, R, chasse L/R, L unwrapping fwc to fc); REPEAT LAST
TWO MEASURES;;;; [AMERICAN SPIN] Rk apt L, rec R, chasse in pl L/R, L spinning fwc fwc; 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;

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10 – 16 FLICKS INTO BREAKS; THROWAWAY; 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, [THROWAWAY] 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;

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]
Tmg 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 bnh 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 pts 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, (Tmg rfc chasse R/L, L, R/L,L now fcg M) [RK TOTURNING PT STPS] Biffy
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 fmt of L, sm stp fwd twd LOD on R trng slightly rfc to fc
ptr, keep wgt on R lift lift knee and pt L toe thru twd RLOD, tm lfc stp fwd L twd LOD, lift R knee and pt
R toe across in fmt of L, sm stp fwd 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 – 14½ REPEAT MEAS 1 – 14½ OF PART B; STOP & GO;
14½ - 18 STOP & GO MOD & HOLD;

14½ - 18 [STOP & GO; STOP & GO MOD & HOLD] Rk bk L, rec R, chasse fwd L/R, L trng W lfc under
jnd lead hnds; Fwdr 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;

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