

Rhonda



32 Count – 4 wall – improver level

Choreographed by Alan Haywood (UK) (October 2009)

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Choreographed to “Help Me Rhondas” by The Beach Boys

from the The Best Of The Beach Boys album (138 bpm) and many others, track also available from iTunes

32 count intro – as music starts immediately, simply count 32 counts into the music and then start on the word ‘why’

THANKS TO RHONDA BAKER OF WENDYS WILDCATZ FOR ASKING ME TO CHOREOGRAPH THIS DANCE FOR HER!

Section 1

R forward shuffle, heel switches L & R, & L forward shuffle, R forward, ¼ L

- 1&2 Step right forward, close left next to right, step right forward
3&4 Touch left heel forward, step left next to right, touch right heel forward
&5&6 Step right next to left, step forward onto left, close right next to left, step left forward
7-8 Step forward onto right, pivot ¼ turn left 9 o'clock

Section 2

Cross shuffle, L side rock, recover R, & R side, & R side, cross rock, recover

- 1&2 Cross step right over left, step left to left side, cross step right over left
3-4 Rock left to left side, recover weight onto right
&5 Step left next to right, step right to right side
&6 Step left next to right, step right to right side
7-8 Cross rock left over right, recover weight onto right

RESTART HERE ON WALL 9 (add ‘& L’ next to R)

Section 3

L vine ¼, brush R, R forward, ½ L, ¼ L, hold

- 1-2 Step left to left side, cross step right behind left
3-4 Step left ¼ left, brush right forward 6 o'clock
5-6 Step forward onto right, pivot ½ turn left 12 o'clock
7-8 Make ¼ turn left stepping right to right side, hold for one count 9 o'clock

Section 4

Cross rock, recover, L back, cross R over, L back, R back, L forward, touch R

- 1-2 Cross rock left over right, recover weight back onto right
3-4 Step left back, cross step right over left
5-6 Step left back, step right back
7-8 Step forward onto left, touch right next to left

REPEAT AND ENJOY!

Restart

During wall 9, do first 16 counts only, then add ‘& left next to right’ and restart the dance from the beginning – wall 8 is instrumental. At the start of wall 9, you will hear loud electric guitars.

Wall 9 starts facing 12 o'clock, the restart happens facing 9 o'clock.

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