

# People Help The People

Count: 56

Wall: 1

Level: Intermediate

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Music: Birdy, - People Help the People



Sequence A,A,B,A,A,B,A,B,A,B.

**Part A: Side, together, close, ½ turn check, ¾ turn ronde, ½ turn, weight change.**

1 RF to Right.  
2 LF close back RF.  
& \*1/4 turn left, RF forward.  
3 Check LF forward (21:00).  
4 ½ Turn RF, Rf step forward.  
& ½ turn right, LF step back  
5 ¼ turn right, ronde RF (12:00).  
6 RF cross behind LF.  
& ¼ turn left, LF forward.  
7 RF step forward.  
0 A ¼ turn left, weight on left (18:00).  
8 weight on RF.  
& Weight on LF.  
0 A Weight on RF

**¾ turn pirouette, rock recover, step backwards and hitch knee up, 3/8 turn run forward, walk back, walk back.**

1 ¾ turn pirouette  
2 Rock RF forward (21:00).  
3 Recover on LF.  
& RF step Back.  
0 A LF step Back.  
4 Hitch Rknee up.  
0 A Turn 3/8  
5 RF step forward.  
& LF step forward.  
6 RF step forward (14:00).  
7 LF step back.  
8 RF step back.

**Step back, kick forward, ½ turn right, walk forward, ½ turn ronde, step back, step out, step out, step back, touch backwards, turn ½, hold or body roll.**

1 LF step backwards, while doing this kick RF forward.  
2 Turn ½, RF step forward.  
& LF step Forward.  
3 Turn ½ ronde, weight on RF.  
4 LF step back.  
& ½ turn right, RF step Right.  
0 A LF step left.  
5 RF step Back, while doing this make body roll back (18:00).  
0 A LF touch backwards.  
6 ½ turn left.  
7 Hold or make a body roll 12:00).  
8 Push right shoulder forward  
& Push left shoulder forward.

**¼ turn left ronde, ¼ turn right, knee bend belly contraction, arm up, knee hitch, step side, ½ turn, ½ turn, cross forward.**

1 Weight on LF, ¼ turn left make ronde with RF.  
2 RF step forward.  
& ¼ right, LF step left.  
3 Bend knee's and contract your belly in.  
& Lift up right elbow.  
4 Straighten right arm and hitch up right knee.  
5 RF step right.  
6 LF cross front RF  
7 ½ turn left, RF step back.  
8 ½ turn left, LF step forward.

**When part B comes, part A changes at the last 3 counts, the steps will be:**

6 ½ turn left, Lf step left.  
& ½ turn left, RF step right.

7 LF step out to Left.

**Part B:**

**LF hand forward, Right hand forward, 4/4 turn, triple step ronde, cross forward, step side, hitch cross backwards, step side, ¼ turn ronde, cross forward, step backwards, 1/4 turn.**

8 Point Left hand forward.  
& Point Right hand forward  
1 Right hand hits Left hand, while doing this weight on RF and lock LF behind RF and turn ½ (18:00).  
2 Weight on LF.  
& ¼ turn left, Change weight to RF.  
3 ½ turn left, LF step forward, ronde RF.  
4 RF step forward.  
& ¼ turn right, LF step left ( 12:00)  
5 Hitch up Right knee.  
6 RF cross backwards LF.  
& LF step left.  
7 ¼ turn left, RF ronde (21:00).  
8 RF cross over LF.  
& ¼ turn right, LF step back.

**Ronde, cross forward, ¼ turn step back, 1 1/8 pivot turn, check forward, back, side cross, side, sway.**

1 turn ¼ right RF step forward, ronde LF(15:00).  
2 LF cross over RF.  
& Turn 1/4 right, RF step back.  
3 turn ¼ left, LF step forward.  
4 Turn ¼ left, RF step right.  
& Turn ½ left, LF step left.  
5 RF check front LF (23:00).  
6 LF step back.  
& RF step right.  
0 A LF cross over RF.  
7 RF step right.  
8 Sway weight to LF.

**Side, cross, side, sway, 4/4 running turn.**

1 Sway weight to RF (12:00).  
2 LF cross over RF.  
3 RF step right.  
4 Sway weight to LF.  
& Sway weight to RF.  
5 ¼ turn left, LF step forward.  
6 RF step forward.  
7 ¼ turn left, LF step forward.  
8 ¼ turn left, RF step forward  
& ¼ turn left, LF cross over RF.

**Start again.**