

Rhonda

32 Count, 4 Wall, Beginner

Choreographer: Alan Haywood (UK) Oct 09

Choreographed to: Help Me Rhonda by

The Beach Boys (138 bpm)

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

Sec 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]

Sec 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)

Sec 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]

Sec 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

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, then restart happens facing 9 o'clock.

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