

Help Me Rhonda

LINEDANCE.COM

Count: 40

Wall: 4

Level: Absolute Beginner

Choreographer: Susan Prats - July 2018

Music: Help Me Rhonda by The Beach Boys

Right lead

Begin 40 counts into vocals, with guitars & drums

VINE RIGHT, HITCH, TOUCH, HITCH, TOUCH, HITCH

1-8 Step right to right side, step left behind right, step right to right side, hitch left knee up, touch left, hitch left knee up, touch left, hitch left knee up

VINE LEFT, HITCH, TOUCH, HITCH, TOUCH, HITCH

1-8 Step left to left side, step right behind left, step left to left side, hitch right knee up, touch right, hitch right knee up, touch right, hitch right knee up

RIGHT SCISSORS, HOLD, LEFT SCISSORS, HOLD

1-4 Step right to side, step left next to right, cross right over left, hold

5-8 Step left to side, step right next to left, cross left over right, hold

VINE RIGHT, KICK LEFT, VINE LEFT WITH 1/4 LEFT TURN, KICK RIGHT

1-4 Step right to right side, step left behind right, step right to right side, kick left

5-8 Step left to left side, step right behind left, step left to left side while making 1/4 left turn, kick right

LINDY RIGHT, LINDY LEFT

1&2,3-4 Triple step to right, rock back on left behind right, recover forward on right

5&6,7-8 Triple step to left, rock back on right behind left, recover forward on left

Restart