

# People Help The People

**Choreographers: Raymond Sarlemijn (NL),  
Roy Hadisubroto (NL), Darren Bailey (UK),  
Roy Verdonk (NL), Pim Van Grootel (NL)**

Type of dance: 1 Wall, 52 Counts  
Level: Phrased Intermediate  
Music: **People Help The People** by Birdy  
Intro: Start after 32 counts  
Sequence: A, A, B, Tag, A, A, B, Tag, A, B, A, B  
Note: Music varies in speed in different sections so counts may slightly adjust for this.

Counts		End facing
<b>Part A</b>		
<b>1 – 8</b>	<b>Nightclub Basic R, ¼ Turn Check, ¾ Turn Spiral with Sweep, Cross, ¼ Turn Step, ¼ Pivot, Sway</b>	
1 – 2 &	Step R to R side (1), Close L behind R (2), Cross R over L (&)	12:00
3 – 4 &	¼ Turn L and check L forward (3), ½ Turn R and Step R forward (4), Step L forward (&)	3:00
5 – 6 &	¾ Turn Spiral R and sweep R from front to back (5), Cross R behind L (6), ¼ Turn L and Step L forward (&)	3:00
7 – 8 &	Step R forward (7), ¼ Turn L swaying L (8), Sway R (&)	6:00
<b>9 – 16</b>	<b>¾ Turn Pirouette, Rock, Run x2, Step Kick - Hook into ¾ Turn, Run x2, Rock, Walk x2</b>	
1 – 2	¾ Turn L on L while hitching R knee (1), Rock R forward (2)	9:00
3 & a4	Run backwards on L (3), Run backwards on R (&), Step L backwards while kicking R forward (a), ¾ Turn R on L while hooking R over L (4)	9:00
5 & 6	Run forwards on R (5), Run forwards on L (&), Rock R forward (6)	1:30
7 – 8	Step L backwards (7), Step R backwards (8)	1:30
<b>17 – 24</b>	<b>Step Drag, ½ Turn, Walk x2, ½ Turn Arabesqué, Walk, ¾ Turn, Step out, Bodyroll, Walk, ½ Turn, Step out, Shoulder Movement</b>	
1 – 2 &	Step L backwards and drag R towards L (1), ½ Turn R and step R forward (2), Step L forward (&)	7:30
3 – 4 & a	Step R forward making ½ Turn R on ball of R while L leg is off the floor and stretched out behind (3), Step L backwards (4), ¾ Turn R and Step R forward (&), Step L to L side (a)	6:00
5 – 6 &	Bodyroll backwards (5), Step R backwards (6), ½ Turn L and step L forward (&)	12:00
7 – 8 &	Step R to R side (7), Pull R shoulder towards L diagonal (8), Recover back to centre (&)	12:00
<b>Arms</b>		
& a 5	R arm across chest, forearm parallel to the floor, as hands are joined push R elbow to R side (&), L arm across chest, forearm parallel to the floor, as hands are joined push L elbow to L side (a), Both hands in front of body, pushing away into bodyroll (5)	
<b>25 – 32</b>	<b>Shoulder Movement with Drag, Cross, Step out, Dip with contraction, Recover, Hitch, Step, Cross, ¾ Turn L, ¼ Turn L close</b>	
1 – 2 &	Transfer weight onto L, pull R shoulder towards L diagonal while dragging R towards L (1), Cross R over L (2), Step L to L side (&)	12:00
3 – 4 &	Bend both knees while contracting body (3), Recover to standing (4), Hitch R knee (&)	12:00
5 – 6 &	Step R to R side (5), Cross L over R (6), ¼ Turn L stepping R backwards (&)	9:00
7 – 8	½ Turn L stepping L forward (7), ¼ Turn L on L while closing R towards L (8)	12:00
<b>**Important</b>	<b>When transitioning from Part A to Part B the timing will change due to an extra step.</b>	
<b>5 &amp; 6 &amp; 7</b>	Step R to R side (5), Cross L over R (&), ¼ Turn L stepping R backwards (6), ½ Turn L stepping L forward (&), ¼ Turn L and Step R to R side (7)	
<b>PART B</b>		
<b>32 – 40</b>	<b>Arm Movements into ¾ Turn, ¼ Turn with Sweep, Cross, Side, Hitch, Cross, ¼ Turn with Sweep, Jazzbox ½ Turn with Sweep, Jazzbox ¼ Turn</b>	
8 & 1 & 2	Extend L arm in front of body (8), Extend R arm in front of body (&), Swing R arm towards L, hitting L arm away, transfer weight onto R and continue into ¾ Turn L on ball R (1), Step L forward (&), ¼ Turn L while sweeping R from back to front (2)	12:00
& 3 – 4	Cross R over L (&), Step L to L side while hitching R knee (3), Cross R behind L (4)	12:00
5 – 6	¼ Turn L and Step L forward while sweeping R from back to front (5), Cross R over L (6), ¼ Turn R and Step L backwards (&)	12:00
7 & 8 &	¼ Turn R and Step R forward while sweeping L from back to front (7), Cross L over R (8), ¼ Turn L and Step R backwards (&)	12:00

<b>41 – 48</b>	<b>1/8 Turn L, Travelling Pivots, Rock Recover, Side, Cross, Side, Sway L R, Cross, Side</b>	
1 – 2 &	1/8 Turn L and Step L forward (1), 1/2 Turn L and Step R backwards (2), 1/2 Turn L and Step L forward (&)	10:30
3 – 4	Rock R forward (3), Recover on L making 1/8 Turn R (4)	12:00
& a 5 – 6	Step R to R side (&), Cross L over R (a), Step R to R side (5), Sway L (6)	12:00
7 – 8 &	Sway R (7), Cross L over R (8), Step R to R side (&)	12:00
<b>Tag</b>	<b>Walk Around, Cross</b>	
1 – 2	1/4 Turn L and Step L forward (1), 1/4 Turn L and Step R forward (2)	6:00
3 – 4 &	1/4 Turn L and Step L forward (3), 1/4 Turn L and Step R to R side (4), Cross L over R (&)	12:00
<b>**Important</b>	<b>When transitioning from Part B to Part A, there will be no side step on the &amp; count.</b>	
	<b>START AGAIN AND HAVE FUNNNN</b>	
	<b><u>DARE TO BE UNIQUE</u></b>	