



# HELMETHEAD

Choreography: Darolyn Pchajek – [darolyn@daretoclog.com](mailto:darolyn@daretoclog.com)

Level: Advanced

Wait 16 beats – (when music speeds up - counted in ½ time)

Artist: Great Big Sea

CD: Something Beautiful

Available for download on iTunes

## PART A (16 beats)

Kick Pull Run

Canadian 8

## CHORUS (19 beats)

Helmethead

## CHORUS (19 beats)

Helmethead

## PART C (16 beats)

2 Hotflashes

## PART B (16 beats)

Toe Scrapes

Gallop Kick

## PART D (16 beats)

Syncopated Doubles

Canadian Twist

*Repeat both steps*

## CHORUS (19 beats)

Helmethead

## PART B\* (19 beats)

Toe Scrapes *(Start with a Step instead of a DS b/c of Cdn Twist ending)*

Extended Gallop Kick

## PART A (16 beats)

Kick Pull Run

Canadian 8

## CHORUS\* (25 beats)

Extended Helmethead

SEQUENCE: A Chorus B Chorus A Chorus C D B\* Chorus\*

### Steps to “Helmethead”

Kick Pull Run	<u>Kick</u>	<u>Step</u>	<u>Toe</u>	<u>Ball</u>	<u>Heel</u>	<u>Step</u>	<u>Skuff</u>	<u>Hop</u>	<u>Flap</u>	<u>Step</u>	<u>Toe (b)</u>	<u>Drag</u>	<u>Touch(f)</u>	<u>Chug</u> (Toe Drag Touch can be a pullback too!)
	L	L	R	R	L	L	R	L	R	R	L	R	L	L
	&	1	e	&	a	2	e	&	a	3	e	&	a	4
	<u>Hop</u>	<u>DT</u>	<u>Bounce(Rxib)</u>	<u>Chug</u>	<u>Step</u>	<u>Step</u>	<u>Step</u>	<u>DT</u>	<u>Hop</u>	<u>Touch</u>				
	L	R	BOTH	L	L	R	L	R	R	L				
	&	a5	e&	a	6	&	7	e&	a	8				

## Steps to "Helmethead" (cont.)

Canadian 8	<u>DS DT Hop DT Hop Toe(xib) Ball DS DS(xif) Toe(xib) Ball DS DS(xif) Toe(xib) Ball DT Hop Touch</u> L R L R L R R L R L L R L R R L R L &1 e& a 2e & a 3 e&a 4e& a 5 e&a 6e& a 7 e& a 8
HelmetHead (19 beats)	<u>DS Bend Knee(Rt foot tucked into lt knee) Unbend Knee Rock Step Skuff Hop Flap Step Toe(b) Slide Toe Ball Flap Slide</u> L L L R L R L R L R R L R L L R L &1 & 2 & 3 e & a 4 e & a 5 e &
	<u>Toe Ball Flap Slide Toe Ball Flap Slide Toe Slide DS Bend Knee (Lt foot tucked into rt knee) Unbend Knee Rock Step</u> R R L R L L R L R L R R R R L R L R a 6 e & a 7 e & a 8 &9 & 10 & 11
	<u>Skuff Hop Flap Step Toe(b) Slide Toe Ball Flap Slide Toe Ball Flap Slide Toe Step Flap(xif)</u> L R L L R L R R L R L L R L R L R L R e & a 12 e & a 13 e & a 14 e & a 15 e & a 16 e
	<u>Ball Toe Ball Heel Ball Heel Ball Ball Slide</u> R L L R R L L R R & a 17 e & a 18 & 19
Toe Scrapes	<u>DS Toe(xif) Hop Toe(os) Hop Flap Step(xib)/Kick(xif) Toe(os) Step DT Hop Touch Hop Touch Chug</u> L R L R L R R / L L L R R L L R R &1 e & a 2 e & a 3 e& a 4 & a 5
	<u>Hop(apart) Hop(together) Step Touch(b) Drag Touch(f) Chug</u> (Tch(ib) Hop Tch(if) can be done as a pullback too!) BOTH BOTH R L R L L & 6 & 7 e & 8
Gallop Kick	<u>DS Hop Toe Ball Hop Toe Ball Ball Slide Hop DT Hop Heel Click Heels Hop DT Step Tch(xif) Chug Ball/Kick(xif) Step</u> L R L L R L L R R R L R L R BOTH L R R L L L / R R &1 & a 2 & a 3 & 4 & a 5 e & a 6e & a 7 & 8
Hotflash	<u>Jump Tap(xb) Hop Jump Tap(xb) Hop Jump Tap(xb) Hop Jump Tap(xb) Hop Jump Tap(xb) Hop Brush(in)</u> L R L R L R L R L R L R L R L R L R & a 1 & a 2 a & 3 & a 4 & a 5 e
	<u>Hop Brush(out) Hop Brush(in) Hop Brush(out) Hop Flap Step Tap(b) Slide</u> L R L R L R L R R L R & a 6 e & a 7 e & a 8
Syncopated Doubles	<u>Hop Double Hop Hop Double Hop Hop Double Hop Double Hop Double Hop</u> L R L R L R L R L R L R R L R & a 1 & a 2 & a 3 e & a 4
Canadian Twist	<u>Step Heel (Twist toes lt &amp; rt) Step RS Heel (Twist toes lt &amp; rt) Step RS Skuff Hop Flap Step Tap(b) Slide</u> L R L RL R L RL R L RL R L R R L R 5 e & a6 e & a7 e & a 8 e &
Extended Gallop Kick	<u>DS Hop Toe Ball Hop Toe Ball Ball Slide Step Skuff Hop Step Skuff Hop Ball Ball</u> L R L L R L L R R L R L R L R L R L R &1 & a 2 & a 3 & 4 & a 5 & a 6 & 7
	<u>Hop DT Hop Heel Click Heels Hop DT Step Touch(xif) Chug Ball/Kick(xif) Step</u> L R L R BOTH L R R L L L / R R & a 8 e & 9 e & a 10 & 11
Extended Helmet Head	<i>Do "Helmet Head" right up to the last Step on the left foot, then add:</i>
	<u>DS Skuff Hop Flap Step Skuff Hop Flap Step Skuff Hop Flap Step DS Skuff Hop Flap Step Skuff Hop</u> R L R L L R L R R L R L L R L R L L R L &17 e & a 18 e & a 19 e & a 20 &21 e & a 22 e &
	<u>Flap Step Skuff Hop Flap Step Bend Knee (Rt foot tucked into lt knee) Unbend Knee Step</u> R R L R L L L L R a 23 e & a 24 & 25