



HELMETHEAD

Choreography: Darolyn Pchajek – darolyn@daretoclog.com

Artist: Great Big Sea

Level: Advanced

CD: Something Beautiful

Wait 16 beats – (Start when music speeds up - counted in ½ time) Available for download on iTunes

PART A (16 beats)

Kick Pull Run

Waymouth (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

Waymouth (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.)

Waymouth (aka Canadian 8)	<u>DS</u> <u>DT</u> <u>Hop</u> <u>DT</u> <u>Hop</u> <u>Toe(xib)</u> <u>Ball</u> <u>DS</u> <u>DS(xif)</u> <u>Toe(xib)</u> <u>Ball</u> <u>DS</u> <u>DS(xif)</u> <u>Toe(xib)</u> <u>Ball</u> <u>DT</u> <u>Hop</u> <u>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</u> <u>Bend Knee</u> (Rt foot tucked into lt knee) <u>Unbend Knee</u> <u>Rock</u> <u>Step</u> <u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Toe(b)</u> <u>Slide</u> <u>Toe</u> <u>Ball</u> <u>Flap</u> <u>Slide</u>
	L L L R L R L R L R R L R L L R L L R L &1 & 2 & 3 e & a 4 e & a 5 e &
	<u>Toe</u> <u>Ball</u> <u>Flap</u> <u>Slide</u> <u>Toe</u> <u>Ball</u> <u>Flap</u> <u>Slide</u> <u>Toe</u> <u>Slide</u> <u>DS</u> <u>Bend Knee</u> (Lt foot tucked into rt knee) <u>Unbend Knee</u> <u>Rock</u> <u>Step</u>
	R R L R L L R L R L R R R R R L R L R L R a 6 e & a 7 e & a 8 &9 & 10 & 11
	<u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Toe(b)</u> <u>Slide</u> <u>Toe</u> <u>Ball</u> <u>Flap</u> <u>Slide</u> <u>Toe</u> <u>Ball</u> <u>Flap</u> <u>Slide</u> <u>Toe</u> <u>Ball</u> <u>Flap</u> <u>Slide</u> <u>Toe</u> <u>Step</u> <u>Flap(xif)</u>
	L R L L R L R R L R L L R L R 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</u> <u>Toe</u> <u>Ball</u> <u>Heel</u> <u>Ball</u> <u>Heel</u> <u>Ball</u> <u>Ball</u> <u>Slide</u>
	R L L R R L L R R & a 17 e & a 18 & 19
Toe Scrapes	<u>DS</u> <u>Toe(xif)</u> <u>Hop</u> <u>Toe(os)</u> <u>Hop</u> <u>Flap</u> <u>Step(xib)/Kick(xif)</u> <u>Toe(os)</u> <u>Step</u> <u>DT</u> <u>Hop</u> <u>Touch</u> <u>Hop</u> <u>Touch</u> <u>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)</u> <u>Hop(together)</u> <u>Step</u> <u>Touch(b)</u> <u>Drag</u> <u>Touch(f)</u> <u>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</u> <u>Hop</u> <u>Toe</u> <u>Ball</u> <u>Hop</u> <u>Toe</u> <u>Ball</u> <u>Ball</u> <u>Slide</u> <u>Hop</u> <u>DT</u> <u>Hop</u> <u>Heel</u> <u>Click</u> <u>Heels</u> <u>Hop</u> <u>DT</u> <u>Step</u> <u>Tch(xif)</u> <u>Chug</u> <u>Ball/Kick(xif)</u> <u>Step</u>
	L R L L R L L 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</u> <u>Tap(xb)</u> <u>Hop</u> <u>Jump</u> <u>Tap(xb)</u> <u>Hop</u> <u>Jump</u> <u>Tap(xb)</u> <u>Hop</u> <u>Jump</u> <u>Tap(xb)</u> <u>Hop</u> <u>Jump</u> <u>Tap(xb)</u> <u>Hop</u> <u>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</u> <u>Brush(out)</u> <u>Hop</u> <u>Brush(in)</u> <u>Hop</u> <u>Brush(out)</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Tap(b)</u> <u>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</u> <u>Double</u> <u>Hop</u> <u>Hop</u> <u>Double</u> <u>Hop</u> <u>Hop</u> <u>Double</u> <u>Hop</u> <u>Double</u> <u>Hop</u> <u>Double</u> <u>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</u> <u>Heel</u> (Twist toes lt & rt) <u>Step</u> <u>RS</u> <u>Heel</u> (Twist toes lt & rt) <u>Step</u> <u>RS</u> <u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Tap(b)</u> <u>Slide</u>
	L R L RL R L RL R L R L R R L R 5 e & a6 e & a7 e & a 8 e &
Extended Gallop Kick	<u>DS</u> <u>Hop</u> <u>Toe</u> <u>Ball</u> <u>Hop</u> <u>Toe</u> <u>Ball</u> <u>Ball</u> <u>Slide</u> <u>Step</u> <u>Skuff</u> <u>Hop</u> <u>Step</u> <u>Skuff</u> <u>Hop</u> <u>Ball</u> <u>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</u> <u>DT</u> <u>Hop</u> <u>Heel</u> <u>Click</u> <u>Heels</u> <u>Hop</u> <u>DT</u> <u>Step</u> <u>Touch(xif)</u> <u>Chug</u> <u>Ball/Kick(xif)</u> <u>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</u> <u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>DS</u> <u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Skuff</u> <u>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</u> <u>Step</u> <u>Skuff</u> <u>Hop</u> <u>Flap</u> <u>Step</u> <u>Bend Knee</u> (Rt foot tucked into lt knee) <u>Unbend Knee</u> <u>Step</u>
	R R L R L L L L R a 23 e & a 24 & 25