

# Helium

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**Count:** 32                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** Ria Vos, March 2017

**Music:** "Helium" - Sia. Album: Fifty Shades Darker (OST)

## **Intro: 16 Counts from piano ( $\pm$ 24 sec)**

### **S1: Press Fwd, & Rock Fwd, $\frac{3}{4}$ Turn L with Sweep, Fwd, Full Turn R, Rock Fwd, Back, Lock, Back with Sweep**

- 1-2&**        Rock/Press Fwd on R, Recover on L, Step R Next to L
- 3&4**        Rock Fwd on L, Recover on R,  $\frac{1}{2}$  Turn L Step Fwd on L Sweep R around  $\frac{1}{4}$  L (3:00)
- 5**            Step Fwd on R

### **6& $\frac{1}{2}$ Turn R Step Back on L, $\frac{1}{2}$ Turn R Step Fwd on R**

- 7&**            Rock Fwd on L, Recover on R
- 8&1**        Step Back on L to L Diagonal, Lock R Over L, Step Back on L to L Diagonal Sweep R

### **S2: Behind, Side, Cross Rock, $\frac{3}{4}$ R Walk Around with Sweep, Cross, Back, Point, Step, Step Pivot $\frac{1}{2}$ R with Sweep**

- 2&**            Step R Behind L, Step L to L Side
- 3&**            Cross Rock R Over L, Recover on L
- 4&5**        Walk Around  $\frac{3}{4}$  Turn R Stepping R-L-R Sweeping L from Back to Front (12:00)
- 6&**            Cross L Over R, Step Back on R
- 7&**            Step Back on L, Point R Fwd Angling Body to L
- 8&**            Step Fwd on R, Step Fwd on L,
- 1**            Pivot  $\frac{1}{2}$  Turn R Stepping R Fwd and Sweeping L from Back to Front

### **S3: Weave R, $\frac{1}{8}$ R Rock Fwd, Back, Back, $\frac{1}{2}$ L, $\frac{1}{8}$ L Side Rock, Cross Rock, Point**

- 2&3&**        Cross L Over R, Step R to R Side, Step L Behind R, Step R to R Side

### **4& $\frac{1}{8}$ R Rock Fwd on L, Recover on R, Step Back on L (7:30)**

- 6&**            Step Back on R,  $\frac{1}{2}$  Turn L Step Fwd on L (1:30)

### **7& $\frac{1}{8}$ Turn L Rock R to R Side, Recover on L (12:00)**

**8&1** Cross Rock R Over L, Recover on L, Point R to R Side

**S4: 1/2 Monterey R, Side Rock, Cross, Side Rock, 1/8 L Step Fwd, Step, Full Turn R with Sweep 1/8 R, Behind, Side**

**2&3½ Turn R Step R Next to L, Rock L to L Side, Recover on R (6:00)**

**&4&** Cross L Over R, Rock R to R Side, Recover on L

**5 1/8 Turn L Step Fwd on R (4:30)**

**6&7** Step Fwd on L, ½ Pivot Turn R, ½ Turn R Step Back on L Sweeping R 1/8 Turn R

**8&** Step R Behind L, Step L to L Side

**Tag: After wall 2, 4 & 6 (12:00)**

**1-2&** Rock/Press Fwd, Recover on L, Step R Next to L

**3&4** Rock Fwd on L, Recover on R, Step Back on L

**&5** Step Back on R, ½ Turn L Step Fwd on L

**6&** Step Fwd on R, Pivot ½ Turn L

**7-8** Step Fwd on R Slightly Crossed Over L, Step Fwd on L Slightly Crossed Over R

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