Helium

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Ria Vos (NL) - March 2017
Music: Helium - Sia : (Album: Fifty Shades Darker - OST)

Intro: 16 Counts from piano (± 24 sec)

S1: Press Fwd, & Rock Fwd, ¾ 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, ½ Turn L Step Fwd on L Sweep R around ¼ L (3:00)
5	Step Fwd on R
6&	½ Turn R Step Back on L, ½ 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, ¾ R Walk Around with Sweep, Cross, Back, Point, Step, Step Pivot ½ 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 ¾ 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 ½ Turn R Stepping R Fwd and Sweeping L from Back to Front

S3: Weave R, 1/8 R Rock Fwd, Back, Back, ½ L, 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&5	1/8 R Rock Fwd on L, Recover on R, Step Back on L (7:30)
6&	Step Back on R, ½ Turn L Step Fwd on L (1:30)
7&	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&3	½ 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

Contact: dansenbijria@gmail.com