

“Helium”

2 wall Intermediate line dance (32 counts)

Choreographer: Ria Vos, dansenbijria@gmail.com

Music: “Helium” Sia

Album: Fifty Shades Darker (Original Motion Picture Soundtrack)

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

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

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

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&5 $\frac{1}{8}$ 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

$\frac{1}{2}$ Monterey R, Side Rock, Cross, Side Rock, $\frac{1}{8}$ L Step Fwd, Step, Full Turn R with Sweep $\frac{1}{8}$ R, Behind, Side

2&3 $\frac{1}{2}$ 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 $\frac{1}{8}$ Turn L Step Fwd on R (4:30)

6&7 Step Fwd on L, $\frac{1}{2}$ Pivot Turn R, $\frac{1}{2}$ Turn R Step Back on L Sweeping R $\frac{1}{8}$ 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, $\frac{1}{2}$ Turn L Step Fwd on L

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

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