

Helium (Maart 2017)
Choreographer : Ria Vos
Type of dance : 2 wall linedance
Level : Intermediate
Counts : 32
Intro: 16 counts from piano

[Home](#)
Music : Helium
Artist : Sia
BPM : 128
[Dancevideo](#)

**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&4Rock Fwd on L, Recover on R, $\frac{1}{2}$ Turn L Step Fwd on L Sweep R around $\frac{1}{4}$ L (3:00)
5Step 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&1Step 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&5Walk 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,
1Pivot $\frac{1}{2}$ 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&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&1Cross Rock R Over L, Recover on L, Point R to R Side

**S4: $\frac{1}{2}$ 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&7Step 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&4Rock Fwd on L, Recover on R, Step Back on L
&5Step Back on R, $\frac{1}{2}$ Turn L Step Fwd on L
6&Step Fwd on R, Pivot $\frac{1}{2}$ Turn L
7-8Step Fwd on R Slightly Crossed Over L, Step Fwd on L Slightly Crossed Over R

Contact: dansenbijria@gmail.com