

Helium

LINEDANCE.COM

Count: 40

Wall: 4

Level: Intermediate

Choreographer: Will Craig (Feb 2017)

Music: Helium by Sia

Count in: 16 Count Intro

(1-8) Walk X3, Rock Recover $\frac{1}{4}$ Turn, $\frac{1}{2}$ Turn, $\frac{1}{4}$ Turn Sweep, In front Side Sweep, Behind Side

- 1 2** Walk R (1) Walk L (2)
- 3 4&** Walk R (3) Rock L forward (4) Recover weight to R making $\frac{1}{4}$ turn left (&)
- 5 6&** Make $\frac{3}{4}$ turn left while putting weight to L and sweeping R from back to front (5) Place weight on R in front of L (6) Step L to left side (&)
- 7 8&** Step R behind L while sweeping L from front to back (7) Step L behind R (8) Step R to right side (&) (12:00)

(9-16) Cross Rock Recover, Cross Rock Recover, $\frac{1}{4}$ Turn Rock Recover Lift Arms Up Slowly

- 1 2&** Cross rock L over R (1), Recover R (2) Step L to left side (&)
- 3 4&** Cross rock R over L (3), Recover L (4) Make $\frac{1}{4}$ turn right while stepping R to forward (&)
- 5 6** Rock L forward (5) Slowly lift both arms from side out in front of body and up above head (6)
- 7 8** Bring both arm back down and into body (7) Recover weight to R (8) (3:00)

(17-24) Nightclub Basic, Nightclub Basic, Walk, Step $\frac{1}{4}$ Cross, $\frac{1}{4}$ Turn. $\frac{1}{4}$ Turn, Cross

- 1 2&** Step L to left side (1) Rock R behind L (2) Recover to L
- 3 4&** Step R to right side (3), Rock L behind R (4), Recover R (&)
- 5 6&** Step L forward (5) Step R forward (6) Turn $\frac{1}{4}$ turn left stepping L to left side (&)
- 7&8&** Cross R over L (7) Make $\frac{1}{4}$ turn right stepping L back (&) Make $\frac{1}{4}$ turn right stepping R to right side (8) Cross L over R (&) (6:00)

(25-32) Nightclub Basic, Nightclub Basic, Walk, Step $\frac{1}{4}$ Cross, Back, Back

- 1 2&** Step R to right side (1), Rock L behind R (2) Recover to R (&)
- 3 4&** Step L to left side (3), Rock R behind L (4) Recover to L (&)

5 6& Step forward R (5), Step forward L (6) Making ¼ turn right putting weight to R (&)

7&8 Cross L over R (7) Step R back (&) Step L Back (8) (9:00)

(33-40) Cross, Back, Coaster Step, Step Lock Step, Full Spiral Turn

&1 Cross R over L (&) Step back L (1)

2&3 Step Back R (2) Step L next to R (&) Step R forward (3)

4&5 Step L forward (4) Lock R behind L (&) Step L forward (5)

6 Step R forward (6)

7 8 Full turn spiral over left shoulder for (7) Weight to L (8) (9:00)

Restarts: On walls 1, 3, and 6 dance till count 32 and Restart

Repeat: On wall 5 repeat the last 8 counts. To help get into this dance:

7 8& Full turn spiral over left shoulder (7) Rock L forward (8) Recover weight to R(&)

1 Step back L

HAVE FUN BEGIN AGAIN !