

Helium

40 Count, 4 Wall, Intermediate
Choreographer: Will Craig (USA) Feb 2017
Choreographed to: Helium by Sia

Count in: 16 Count Intro**Section 1 Walk X3, Rock Recover ¼ Turn, ½ Turn, ¼ 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 ¼ turn left (&)
5 6& Make ¾ 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)

Section 2 Cross Rock Recover, Cross Rock Recover, ¼ 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 ¼ 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)

Section 3 Nightclub Basic, Nightclub Basic, Walk, Step ¼ Cross, ¼ Turn. ¼ 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 ¼ turn left stepping L to left side (&)
7&8& Cross R over L (7) Make ¼ turn right stepping L back (&) Make ¼ turn right stepping R to
right side (8) Cross L over R (&) (6:00)

Section 4 Nightclub Basic, Nightclub Basic, Walk, Step ¼ 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)

Section 5 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!
