

# Helium

**COPPER** **NOB**  
BY PERFORMERS

**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](mailto:dansenbijria@gmail.com)