

# Helium

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Ria Vos (NL) - March 2017  
音樂: Helium - Sia : (Album: Fifty Shades Darker - OST)



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

**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&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

**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&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

**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&1      Cross 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&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

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