

# Helium

拍数: 40      墙数: 4      级数: Intermediate  
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音乐: Helium - Sia



## Count in: 16 Count Intro

### (1-8) □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)

### (9-16) 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)

### (17-24) 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)

### (25-32) 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)

### (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 !**