

Helium

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Ria Vos (NL) - March 2017
音乐: 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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