

# Helium Hearts

Choreographer: Malene Jakobsen, Denmark  
July 2011

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Type of dance:	64 counts, 2 wall - cha cha rhythm
Level:	Intermediate
Choreographed to:	Helium Hearts the single by Jason Reeves, available on iTunes, 116 BPM
Intro:	32 counts, 20 seconds into track just before vocals, dance begins with weight on R
Note:	Dedicated to Niels Poulsen and Julia Wetzel, thank you for giving me help and advice when I need it.

Counts	Footwork	Facing
<b>1-9</b>	<b>Side, back rock, chasse, back rock, 1/2, 1/4</b>	
1-2-3	(1) Step L to L, (2) rock back on R, (3) recover onto L	12.00
4&5	(4) Step R to R, (&) step L next to R, (5) step R to R	12.00
6-7	(6) Rock back on L, (7) recover onto R	12.00
8&1	(8) Step fwd. on L, (&) turn 1/2 R, (1) turn 1/4 R stepping L big step L	9.00
<b>10-17</b>	<b>Drag, behind, side, cross shuffle, 1/4, 1/4 shuffle</b>	
2&3	(2) Drag R towards R, (&) cross R behind L, (3) step L to L	9.00
4&5	(4) Cross R over L, (&) step L to L, (5) cross R over L	9.00
6-7	(6) Turn 1/4 L rocking fwd. on L, (7) recover onto R	6.00
8&1	(8) Turn 1/4 L stepping L to L, (&) step R next to L, (1) step L to L	3.00
<b>18-25</b>	<b>Cross, side, sailor 1/4, rock step, back lock,</b>	
2-3	(2) Cross R over L, (3) step L to L	3.00
4&5	(4) Turn 1/4 stepping back on R, (&) step L next to R (5) step fwd. on R	6.00
6-7	(6) Rock fwd. on L, (7) recover onto R	6.00
8&1	(8) Step back on L, (&) lock R across L, (1) step back on L	6.00
<b>26-33</b>	<b>Point, jazz box, cross rock, 1/4, 1/2</b>	
2-3	(2) Point R to R, (3) cross R over L	6.00
4-5	(4) Step back on L, (5) step R to R	6.00
6-7	(6) Rock L across R, (7) recover onto R	3.00
8-1	(8) Turn 1/4 L stepping fwd. on L, (1) turn 1/2 L stepping back on R (start sweeping L)	9.00
<b>34-41</b>	<b>Sweep, back rock, shuffle 1/2, back rock, shuffle 1/2</b>	
2&3	(2) Sweep L from front to back, (&) rock back on L, (3) recover onto R	9.00
4&5	(4) Turn 1/4 R stepping L to L, (&) step R next to L, (5) turn 1/4 R stepping back on L	3.00
6-7	(6) Rock back on R, (7) recover onto L	3.00
8&1	(8) Turn 1/4 L stepping R to R, (&) step L next to R, (1) turn 1/4 L stepping back on R (start sweeping L)	9.00
<b>42-49</b>	<b>Sweep, back rock, shuffle 1/2, 1/4, cross, side, behind</b>	
2&3	(2) Sweep L from front to back, (&) rock back on L, (3) recover onto R	9.00
4&5	(4) Turn 1/4 R stepping L to L, (&) step R next to L, (5) turn 1/4 R stepping back on L	3.00
6-7	(6) Turn 1/4 R stepping R to R, (7) cross L over R	6.00
7-8-1	(8) Step R to R, (1) step L behind R (start sweeping R)	6.00
<b>50-57</b>	<b>Sweep, behind, side, cross shuffle, flick, recover, point, cross</b>	
2&3	(2) Sweep R from front to back, (&) step R behind L, (3) step L to L	6.00
4&5	(4) Cross R over L, (&) step L to L, (5) cross R over L	6.00
6-7	(6) Flick L behind R, (7) recover onto L	6.00
8-1	(8) Point R to R, (1) cross R over L	6.00
<b>58-64</b>	<b>Side rock, cross rock, side, hold, ball step, hold, ball</b>	
2-3	(2) Rock L to L, (3) recover onto R	3.00
4&5	(4) Rock L across R, (&) recover onto R, (5) step L to L	6.00
6&7	(6) Hold, (&) step R next to L, (7) step L to L	6.00
8&	(8) Hold, (&) step R next to L	6.00