

Hero (英雄) (zh)

COPPER KNOB
STEPSHEETS

Count: 0

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年02月

Musik: Hero (Almighty Anthem Radio Edit) - Almighty Cover Girlz



前奏： Start after 16 count intro 16拍後起跳

Part A: (Dance Part A TWICE) A部份 跳兩次

第一段 R Fwd, L Fwd, ½ R Pivot, ½ R & L Back, R Coaster Cross, L Side Rock Cross, ¼ L Hinge Turn, L Side 踏, 踏, 轉, 1/2後, 海岸交叉, 曼波交叉, 1/4 左踏

- 1 Step R forward 右足前踏
- 2&3 Step L forward, pivot ½ right, turning ½ right step L back
左足前踏, 右軸轉180度, 右轉180度左足後踏
- 4&5 Step R back, step L together, cross step R over L
右足後踏, 左足併踏, 右足於左足前交叉踏
- 6&7 Rock L side, recover weight on R, cross step L over R
左足左下沉, 右足回復, 左足於右足前交叉踏
- 8& Turning ¼ left step R back, step L side (9 o'clock)
左轉90度右足後踏, 左足左踏(面向9點鐘)

第二段 R Cross Rock Recover, Full Turn R, L Cross Rock Recover, L NC Basic, ¼ L Rock Recover, Touch R 交叉下沉 回復, 右轉圈, 交叉下沉 回復, 基本步, 1/4右下沉 回復 併點

- 1-2 Cross rock R over L, recover weight on L
右足於左足前交叉下沉, 左足回復
- &3 Turning ¼ right step R forward, turning ½ right step L back
右轉90度右足前踏, 右轉180度左足後踏
- &4& Turning ¼ right step R side, cross rock L over R, recover weight on R
右轉90度右足右踏, 左足於右足前交叉下沉, 右足回復
- 5 Step L side 左足左踏
- 6& Rock R back, recover weight on L
右足後下沉, 左足回復
- 7&8 Turning ¼ left rock R side, recover L, touch R together (6 o'clock)
左轉90度右足右下沉, 左足回復, 右足併點(面向6點鐘)

Part B: (EZ TAG/RESTART on walls 2 & 4 facing back wall)

B部份(簡單的加拍/減拍在第二面及第四面牆都是面向後面牆)

第一段 R Cross Rock & Recover, R Side, L Heel Fwd, Hold, L Ball Cross, L Side, R Sailor 交叉下沉 回復, 右踏, 踵點, 候, 踏 交叉, 左踏, 右手手

- 1-2 Cross rock R over L, recover weight on L (rocking to your left diagonal as you cross rock)
右足於左足前交叉下沉(於左斜角交叉下沉), 左足回復
- &3-4 Step R side, touch L heel on forward diagonal, hold
右足右踏, 左足踵斜前點, 候
- &5-6 Step L back, cross step R over L, step L side
左足後踏, 右足於左足前交叉踏, 左足左踏
- 7&8 Cross step R behind L, step L side, step R side
右足於左足後交叉踏, 左足左踏, 右足右踏

第二段 L Cross Rock & Recover, L Side, R Heel Fwd, Hold, R Ball Cross, ¼ L, ½ L & Fwd Shuffle 交叉下沉 回復, 左踏, 踵點, 候, 踏 交叉, 1/4 轉交換

- 1-2 Cross rock L over R, recover weight on R (rocking to your right diagonal as you cross rock)
左足於右足前交叉下沉(於右斜角交叉下沉), 右足回復
- &3-4 Step L side, touch R heel on forward diagonal, hold
左足左踏, 右足踵斜前點, 候

DURING 2nd wall complete 1st 12 counts and then dance the following 4 counts & RESTART

第二面牆跳完12拍後, 改跳下面4拍後, 從頭起跳

- 8&5-6 Step R back, cross step L over R, step R side
右足後踏, 左足於右足前交叉踏, 右足右踏
- 7&8 Cross step L behind R, step R side, step L side
左足於右足後踏, 右足右踏, 左足左踏
- 8&5-6 Step R back, cross step L over R, turning $\frac{1}{4}$ left step R back (3 o'clock)
右足後踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向3點鐘)
- 7&8 Turning $\frac{1}{2}$ left step L forward, step R together, step L forward
左轉180度左足前踏, 右足併踏, 左足前踏

**第三段 R Fwd, L Scuff, L Fwd Rock & Recover, $\frac{1}{2}$ L Shuffle, R Fwd, $\frac{1}{4}$ L Pivot Turn
踏, 擦踢, 下沉 回復, 轉交換, 踏 轉1/4**

- 1-4 Step R forward, scuff L forward, rock L forward, recover weight on R
右足前踏, 左足前擦踢, 左足前下沉, 右足回復
- 5&6 Turning $\frac{1}{2}$ left step L forward, step R together, step L forward (9 o'clock) 左轉180度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 7-8 Step R forward, pivot $\frac{1}{4}$ left (6 o'clock)
右足前踏, 左軸轉90度(面向6點鐘)

**第四段 L Weave 2, R Sailor, R Weave 2, L Sailor
交叉 左踏, 右水手, 交叉 右踏, 左水手**

- 1-2 Cross step R over L, step L side
右足於左足前交叉踏, 左足左踏
- 3&4 Cross step R behind L, step L side, step R side
右足於左足後交叉踏, 左足左踏, 右足右踏
- 5-6 Cross step L over R, step R side
左足於右足前交叉踏, 右足右踏
- 7&8 Cross step L behind R, step R side, step L side (towards L diagonal) (5:30) 左足於右足後交叉踏, 右足右踏, 左足左踏(面向5:30)

ENDING: DURING 7th & final wall dance as far as count 32 & strike a pose!

結束:第七面牆跳至此, 多一個&拍擺個姿勢結束

**第五段 On Diagonal: L Full Turn Fwd, R Fwd Rock & Recover, 1 $\frac{1}{2}$ Turn R, L Fwd
(斜角)左轉圈, 下沉 回復, 1又1/2轉圈, 踏**

- 1-2 Travelling towards L diagonal (5:30): Turning $\frac{1}{2}$ left step R back, turning $\frac{1}{2}$ left step L forward
(面向斜角5:30方向)左轉180度右足後踏, 左轉180度左足前踏
- 3-4 Rock R forward, recover weight on L
右足前下沉, 左足回復
- 5-6 Turning $\frac{1}{2}$ right step R forward, turning $\frac{1}{2}$ right step L back
右轉180度右足前踏, 右轉180度左足後踏
- 7-8 Turning $\frac{1}{2}$ right step R forward, step L forward on L diagonal (11:30)
右轉180度右足前踏, 左足左斜角前踏(面向11:30)

Non-turning 8: Walk fwd R, L, R fwd rock & recover, turn $\frac{1}{2}$ R & walk fwd R, L, R, L

不轉圈跳法:前走步-右, 左, 右足前下沉 回復, 以前走四步右轉180度-右, 左, 右, 左

**第六段 R Fwd, L Point, 1/8 R & L Together, R Point, $\frac{1}{4}$ R & R Together, L Point, R Weave 2, L Behind-Side-Cross
踏, 點, 1/8併, 點, 1/4併, 點, 交叉 右踏, 後旁前交叉**

- 1 On left diagonal step R forward 左斜角右足前踏
- 2&3 Point L side, turning 1/8 right step L together (to square to wall), point R side (12 o'clock)
左足左點, 右轉45度左足併踏(轉正), 右足右點(面向12點鐘)
- 8&4-6 Turning $\frac{1}{4}$ right step R together, point L side, cross step L over R, step R side (3 o'clock)
右轉90度右足併踏, 左足左點, 左足於右足前交叉踏, 右足右踏(3點鐘)
- 7&8 Cross step L behind R, step R side, cross step L over R
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

**第七段 R Side, Hold, L Sailor, R Sailor, L Fwd, $\frac{1}{2}$ R & R Hook
右踏, 候, 左水手, 右水手, 踏, 轉勾**

- 1-2 Step R side, hold 右足右踏, 候

- 3&4 Cross step L behind R, step R side, step L side
左足於右足後交叉踏, 右足右踏, 左足左踏
- 5&6 Cross step R behind L, step L side, step R side
右足於左足後交叉踏, 左足左踏, 右足右踏
- 7-8 Step L forward, turn $\frac{1}{2}$ right on L and hook R across L (9 o'clock)
左足前踏, 右轉180度右足於左足前交叉勾(面向9點鐘)

第八段 R Fwd Shuffle, L Fwd, $\frac{1}{4}$ R Pivot Turn, R Weave 2, $\frac{1}{2}$ Hinge L Chassé
前交換, 踏 1/4, 交叉 右踏, 1/2左追步

- 1&2 Step R forward, step L together, step R forward
右足前踏, 左足併踏, 右足前踏
- 3-6 Step L forward, pivot $\frac{1}{4}$ right, cross step L over R, step R side
左足前踏, 右軸轉90度, 左足於右足前交叉踏, 右足右踏
- 7&8 Turning $\frac{1}{2}$ left step L side, step R together, step L side (6 o'clock)
左轉180度左足左踏, 右足併踏, 左足左踏(面向6點鐘)

TAG: At the END of wall 4 (facing back) dance the following 8 count tag and RESTART

加拍:第四面牆(面向後面牆)結束時, 跳完下面8拍後, 從頭起跳

- 1-2& R cross rock & recover, R side
右足於左足前交叉下沉, 左足回復, 右足右踏
- 3-4& L cross rock & recover, L side
左足於右足前交叉下沉, 右足回復, 左足左踏
- 5-8 R fwd, $\frac{1}{2}$ L pivot turn, R fwd, $\frac{1}{2}$ L pivot turn
右足前踏, 左軸轉180度, 右足前踏, 左軸轉180度
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