

Hero (英雄) (zh)

COPPER KNOB
BY STEPHEN HETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Leigh Huckel (AUS) - 2007年08月

Musik: Hero - Mariah Carey : (Album: Music Box)



前奏 : Intro: 16 counts 16拍後起跳

- 第一段** **Cross Rock, Recover, Step Side, Cross Rock, Recover, 1/4 Right Step Forward(**), Step 1/2 Turn, 1/4 Turn Step Side & Draw, Behind, Side, Cross Front, Side Rock**
交叉下沉, 回復, 側踏, 交叉下沉, 回復, 右1/4前踏, 踏轉1/2, 轉1/4側踏 & 拖, 後, 側, 前交叉, 側下沉
- 1-2& Rock L foot across in front of R foot, recover weight to R foot, step L foot to L 左足於右足前交叉下沉, 右足回復, 左足左踏
- 3-4& Rock R foot across in front of L foot, recover weight to L foot, turn 1/4 R step R foot forward 右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏
- 5&6 Rock L foot forward, turning 1/2 R recover weight to R foot, turning 1/4 R step L foot to L while drawing R foot to L foot [12]
左足前下沉, 右轉180度右足回復, 右轉90度左足左踏右足拖至左足
- 7&8& Cross R foot behind L foot, step L foot to L, cross R foot in front of L foot, rock L foot to L 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏, 左足左下沉
- 第二段** **1/4 R Recover, Sweep, Forward, Sweep, Twice, Quick Forward, Coaster, Diagonal Back, Lock, Back, 1/4 R Step Side**
1/4右回復, 旋繞, 前, 旋繞, 二次, 前踏, 海岸步, 斜角線後, 鎖, 後, 右1/4側踏
- 1& Turning 1/4 R recover weight to R foot, sweep L foot around from back to front [3] 右轉90度右足回復, 左足由後旋繞至前(3點鐘)
- 2& Step L foot forward, sweep R foot around from back to front
左足前踏, 右足由後旋繞至前
- 3& Step R foot forward, sweep L foot around from back to front
右足前踏, 左足由後旋繞至前
- 4&5& Step L foot forward, step R foot next to L foot, step L foot back, step R foot next to L foot
左足前踏, 右足併踏, 左足後踏, 右足併踏
- 6& Step L foot forward, step R foot next to L foot
左足前踏, 右足併踏
- 7&8& Step L foot diagonal back & L, lock R foot in front of L foot, step L foot diagonal back & L, turning 1/4 R step R foot to R [6]
左足斜角線後踏, 右足於左足前鎖踏, 左足斜角線後踏, 右轉90度右足右踏
- 第三段** **Cross Shuffle to a Cross Rock, Recover, 1/8 L Step Side, Forward, 1/2 R Roll, Forward Full L Roll to a Forward Shuffle**
交叉交換步, 交叉下沉, 回復, 1/8側踏, 前, 右轉1/2, 左轉圈, 交換步
- 1& Cross L foot in front of R foot, step R foot to R
左足於右足前交叉踏, 右足右踏
- 2&3 Rock L foot across in front of R foot, recover weight to R foot, turning 1/8 L step L foot to L
左足於右足前交叉下沉, 右足回復, 左轉45度左足左踏
- 4&5 Step R foot forward, turning 1/2 R step L foot back, step R foot back
右足前踏, 右轉180度左足後踏, 右足後踏
- 6& Step L foot forward, turning 1/2 L step R foot back
左足前踏, 左轉180度右足後踏
- 7&8 Turning 1/2 L step L foot forward, step R foot next to L foot, step L foot forward 左轉180度左足前踏, 右足併踏, 左足前踏

- 第四段** **Back, 1/4 L Sweep, Back, 1/8 R Sweep, Sailor, Back, Cross, Sweep, Front Vine, Side with Hip sway 2 with Draw**
後,左旋繞1/4,後,右旋繞1/8,水手,後,交叉,旋繞,前華士,側擺臀二次
- 1& Step R foot back, turning 1/4 L sweep L foot around from front to back [9] 右足後踏, 左轉90度左足由前旋繞至後
- 2& Step L foot back, turning 1/8 R sweep R foot around from front to back 左足後踏, 右轉45度右足由前旋繞至後
- 3&4& Cross R foot behind L foot, rock L foot to L, recover weight to R foot, step L foot back
右足於左足後交叉踏, 左足左下沉, 右足回復, 左足後踏
- 5& Cross R foot in front of L foot, sweep L foot around from back to front 右足於左足前交叉踏, 左足由後旋繞至前
- 6& Cross L foot in front of R foot, step R foot to R
左足於右足前交叉踏, 右足右踏
- 7-8 Step L foot to L swaying hips L, sway hips R while drawing L foot to R foot 左足左踏左擺臀, 左足拖併踏右擺臀
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