

# Legends and Heroes

Count: 48

Wand: 4

Ebene: Phrased Intermediate

Choreograf/in: Jack Swanson & Aly Glasier - August 2017

Musik: Something Just Like This - The Chainsmokers & Coldplay



Pattern: AAA BB AA BB AAA BBBB  
Intro 16 Counts (start on the word Old)

## Part A: 32 Counts

### AS1: Rock forward, shuffle back, rock back, walk walk

- 1-2 Rock forward on right and recover on left
- 3&4 Shuffle back right left right
- 5 -6 Rock back on left and recover on right
- 7-8 Walk forward two steps left right

\*Can do a full turn turning over right shoulder

### AS2: Quarter turn, crossing shuffle, hinge turn, shuffle forward

- 1-2 Step forward on left, pivot  $\frac{1}{4}$  turn right shifting weight to right (3:00)
- 3&4 Crossing shuffle left right left
- 5-6 Step back on right as you  $\frac{1}{4}$  turn left, step to left with left as you  $\frac{1}{4}$  turn left again (9:00)
- 7&8 Shuffle forward right left right

### AS3: Rock forward, shuffling half turns, behind side cross

- 1-2 Rock forward on left and recover
- 3&4 Shuffle half turn left (left right left) (3:00)
- 5&6 Shuffle half turn left (right left right) (9:00)
- 7&8 Step left behind right, step right to right side, cross left over right.

\*Turns can be modified to straight shuffles back

### AS4: Rock side, behind side cross, rock side, coaster step

- 1-2 Rock to the right and recover on left
- 3&4 Step right behind left, step left to left side, cross right over left
- 5-6 Rock to the left and recover on right
- 7&8 Left coaster step

## B: 16 Counts

### BS1: Stomp, toe heel stomp, toe heel rock, half turn shuffle

- 1 Stomp with right foot
- 2&3 Touch left toe next to right, touch left heel next to right, stomp in place with left foot
- 4& Touch right toe next to left, touch right heel next to left
- 5-6 Rock forward with right and recover on left
- 7&8 Shuffle half turn right (3:00)

### BS2: Press, press, shuffle back, coaster step

- 1-2& Press forward left and return weight to right, ball step onto left foot
- 3-4 Press forward right and return weight to left
- 5 & 6 Shuffle back right, left, right
- 7&8 Left coaster step

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