

Be Your Hero

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Norman Gifford (USA) - October 2017

Musik: Hold On - ZZ Ward



(Side-ball-change-ball-heel-ball-toe, kick-ball-change, kick-ball-touch)

- 1& Right toe touch side; right together
- 2& Left toe touch side; left together
- 3&4 Right heel touch forward; right together; left toe touch back
- 5&6 Left kick forward; left together; right step in place
- 7&8 Left kick forward; left together; right toe touch by left

(Side-rock, cross-side-cross, side-rock, behind-side-forward)

- 1-2 Right rock side; left replace
- 3&4 Right crossover; left step slightly side; right step crossed over
- 5-6 Left rock side; right replace
- 7&8 Left behind; right step side; left step forward

RESTART here on wall #3, facing 6:00

(Windshield wiper turn ½ right, cross-rock, replace, back cross-lock steps to the side)

- 1-2 Right rock forward; left replace
- 3&4 Triple-step turn ½ right (RLR) [6:00]
- 5-6 Left cross-rock; right replace
- 7&8 Left step back; right crossover; left step back (done to the side facing 7:30)

(Travel sideways maintaining the 6:00 wall on this lock-step)

(Modified vaudville, side rock-step, turning sailor-step turning ¼ left)

- 1-2 Right step back left diagonal; left replace
- &3 Right step side; left heel touch forward diagonal
- &4 Left step back; right crossover
- 5-6 Left rock side; right replace
- 7&8 Left sweep behind turning ¼ left; right together; left step slightly forward [3:00]

BEGIN AGAIN

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