

My Own Hero

COPPER **KNOB**
BY STEPHENETS

Count: 16

Wand: 4

Ebene: Improver - Rolling 8 Count

Choreograf/in: Christina Yang (KOR) - July 2019

Musik: My Own Hero - Andy Grammer



**** I made this work was inspired by dance of Min Line dance who one of the most famous line dance performance group in Korea ****

Start the dance on lyrics "Life"

SECTION 1: 3 STEPS RUNNING TO FORWARD, 3 STEPS RUNNING TO BACKWARD, LONG STEP TO BACK, COASTER, FORWARD, 1/2 TURN TO L WITH CHASE TURN, 1/4 TURN TO R WITH SIDE, 1/2 TURN TO R WITH SWEEP, SAILOR STEP

1&a LF forward, RF forward, LF forward
2&a RF backward, LF backward, RF backward
3 LF long step to backward
4&a RF backward, LF closed RF, RF forward
5 LF forward
6&a RF forward rock, 1/2 turn to L with LF recover, RF forward
7 1/4 turn to R with LF side and 1/2 turn to R with RF sweep from front to back
8&a RF cross behind LF, LF closed RF, RF forward

SECTION 2: CROSS, 1/8 TURN TO L WITH HITCH, CROSS, 1/8 TURN TO R WITH HITCH, FORWARD ROCK, RECOVER, 1/2 TURN TO L WITH FORWARD, FORWARD, FORWARD AND 1/2 TURN TO R, FORWARD, 1/2 TURN TO R WITH PIVOT, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE

1&a LF cross over RF, 1/8 turn to L while RF hitch(&a)
2&a RF cross over LF, 1/8 turn to R while LF hitch(&a)
3 LF forward rock
4&a RF recover, 1/2 turn to L with LF forward, RF forward
5 LF forward and 1/2 turn to R(weight on LF)
6&a RF forward, LF forward, weight change to RF while 1/2 turn to R
7&a LF cross rock, RF recover, LF side
8&a RF cross rock, LF recover, RF side

NO TAG, NO RESTART

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