

# Shero

Count: 40

Wand: 0

Ebene:

Choreograf/in: Lois Lightfoot (UK)

Musik: Shero - The Bellamy Brothers



**Position: Side by side position**

## ROCK SHUFFLE ½ TURN, ROCK SHUFFLE ¼ TURN

- 1-2 Rock forward onto right foot, rock back onto left foot  
3&4 Make ½ turn to right stepping right, left, right  
5-6 Rock forward onto left, rock back onto right  
7&8 Make ¼ turn to left stepping, left, right, left

## CROSS ROCK, SHUFFLE, CROSS ROCK, SHUFFLE ¼ TURN

- 1-2 Cross rock right over left, rock back onto left  
3&4 Shuffle in place, right, left, right  
5-6 Cross rock left over right, rock back onto left  
7&8 Make ¼ turn to left stepping left, right, left

## TURN SLIDE SHUFFLE ¼ TURN, TURN SLIDE SHUFFLE ¼ TURN

- 1-2 Step right forward make ¼ turn to left, slide left up to right  
3&4 Shuffle making a ¼ turn to right step right, left, right  
5-6 Step left forward make ¼ turn to right, slide right to left  
7&8 Shuffle making a ¼ turn to left, step left, right, left

## ROCK FORWARD BACK SHUFFLE ROCK BACK FORWARD SHUFFLE

- 1-2 Rock forward onto right, rock back onto left  
3&4 Shuffle back stepping right, left, right  
5-6 Rock back onto left, rock forward onto right  
7&8 Shuffle forward stepping left, right, left

## TURN SLIDE SHUFFLE ¼ TURN, TURN SLIDE SHUFFLE ¼ TURN

- 1-2 Step forward right make ¼ turn left, slide left up to right  
3&4 Shuffle making a ¼ turn to right step right, left, right  
5-6 Step forward left make a ¼ turn to right. Slide right up to left  
7&8 Shuffle making a ¼ turn to left step left, right, left

**REPEAT**