

# Hero (英雄) (zh)

COPPER KNOB  
STEPSHEETS

Count: 0

Wall: 2

Level: Intermediate/Advanced

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年02月

Music: Hero (Almighty Anthem Radio Edit) - Almighty Cover Girlz



前奏： Start after 16 count intro 16拍後起跳

Part A: (Dance Part A TWICE) A部份 跳兩次

**第一段** R Fwd, L Fwd, ½ R Pivot, ½ R & L Back, R Coaster Cross, L Side Rock Cross, ¼ L Hinge Turn, L Side 踏, 踏, 轉, 1/2後, 海岸交叉, 曼波交叉, 1/4 左踏

1 Step R forward 右足前踏

2&3 Step L forward, pivot ½ right, turning ½ right step L back  
左足前踏, 右軸轉180度, 右轉180度左足後踏

4&5 Step R back, step L together, cross step R over L  
右足後踏, 左足併踏, 右足於左足前交叉踏

6&7 Rock L side, recover weight on R, cross step L over R  
左足左下沉, 右足回復, 左足於右足前交叉踏

8& Turning ¼ left step R back, step L side (9 o'clock)  
左轉90度右足後踏, 左足左踏(面向9點鐘)

**第二段** R Cross Rock Recover, Full Turn R, L Cross Rock Recover, L NC Basic, ¼ L Rock Recover, Touch R 交叉下沉 回復, 右轉圈, 交叉下沉 回復, 基本步, 1/4右下沉 回復 併點

1-2 Cross rock R over L, recover weight on L  
右足於左足前交叉下沉, 左足回復

&3 Turning ¼ right step R forward, turning ½ right step L back  
右轉90度右足前踏, 右轉180度左足後踏

&4& Turning ¼ right step R side, cross rock L over R, recover weight on R  
右轉90度右足右踏, 左足於右足前交叉下沉, 右足回復

5 Step L side 左足左踏

6& Rock R back, recover weight on L  
右足後下沉, 左足回復

7&8 Turning ¼ left rock R side, recover L, touch R together (6 o'clock)  
左轉90度右足右下沉, 左足回復, 右足併點(面向6點鐘)

Part B: (EZ TAG/RESTART on walls 2 & 4 facing back wall)

B部份(簡單的加拍/減拍在第二面及第四面牆都是面向後面牆)

**第一段** R Cross Rock & Recover, R Side, L Heel Fwd, Hold, L Ball Cross, L Side, R Sailor 交叉下沉 回復, 右踏, 踵點, 候, 踏 交叉, 左踏, 右手手

1-2 Cross rock R over L, recover weight on L (rocking to your left diagonal as you cross rock)  
右足於左足前交叉下沉(於左斜角交叉下沉), 左足回復

&3-4 Step R side, touch L heel on forward diagonal, hold  
右足右踏, 左足踵斜前點, 候

&5-6 Step L back, cross step R over L, step L side  
左足後踏, 右足於左足前交叉踏, 左足左踏

7&8 Cross step R behind L, step L side, step R side  
右足於左足後交叉踏, 左足左踏, 右足右踏

**第二段** L Cross Rock & Recover, L Side, R Heel Fwd, Hold, R Ball Cross, ¼ L, ½ L & Fwd Shuffle 交叉下沉 回復, 左踏, 踵點, 候, 踏 交叉, 1/4 轉交換

1-2 Cross rock L over R, recover weight on R (rocking to your right diagonal as you cross rock)  
左足於右足前交叉下沉(於右斜角交叉下沉), 右足回復

&3-4 Step L side, touch R heel on forward diagonal, hold  
左足左踏, 右足踵斜前點, 候

**DURING 2nd wall complete 1st 12 counts and then dance the following 4 counts & RESTART**

第二面牆跳完12拍後, 改跳下面4拍後, 從頭起跳

- &5-6 Step R back, cross step L over R, step R side  
右足後踏, 左足於右足前交叉踏, 右足右踏
- 7&8 Cross step L behind R, step R side, step L side  
左足於右足後踏, 右足右踏, 左足左踏
- &5-6 Step R back, cross step L over R, turning  $\frac{1}{4}$  left step R back (3 o'clock)  
右足後踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向3點鐘)
- 7&8 Turning  $\frac{1}{2}$  left step L forward, step R together, step L forward  
左轉180度左足前踏, 右足併踏, 左足前踏

**第三段 R Fwd, L Scuff, L Fwd Rock & Recover,  $\frac{1}{2}$  L Shuffle, R Fwd,  $\frac{1}{4}$  L Pivot Turn  
踏, 擦踢, 下沉 回復, 轉交換, 踏 轉1/4**

- 1-4 Step R forward, scuff L forward, rock L forward, recover weight on R  
右足前踏, 左足前擦踢, 左足前下沉, 右足回復
- 5&6 Turning  $\frac{1}{2}$  left step L forward, step R together, step L forward (9 o'clock) 左轉180度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 7-8 Step R forward, pivot  $\frac{1}{4}$  left (6 o'clock)  
右足前踏, 左軸轉90度(面向6點鐘)

**第四段 L Weave 2, R Sailor, R Weave 2, L Sailor  
交叉 左踏, 右水手, 交叉 右踏, 左水手**

- 1-2 Cross step R over L, step L side  
右足於左足前交叉踏, 左足左踏
- 3&4 Cross step R behind L, step L side, step R side  
右足於左足後交叉踏, 左足左踏, 右足右踏
- 5-6 Cross step L over R, step R side  
左足於右足前交叉踏, 右足右踏
- 7&8 Cross step L behind R, step R side, step L side (towards L diagonal) (5:30) 左足於右足後交叉踏, 右足右踏, 左足左踏(面向5:30)

**ENDING: DURING 7th & final wall dance as far as count 32 & strike a pose!**

結束:第七面牆跳至此, 多一個&拍擺個姿勢結束

**第五段 On Diagonal: L Full Turn Fwd, R Fwd Rock & Recover, 1 $\frac{1}{2}$  Turn R, L Fwd  
(斜角)左轉圈, 下沉 回復, 1又1/2轉圈, 踏**

- 1-2 Travelling towards L diagonal (5:30): Turning  $\frac{1}{2}$  left step R back, turning  $\frac{1}{2}$  left step L forward  
(面向斜角5:30方向)左轉180度右足後踏, 左轉180度左足前踏
- 3-4 Rock R forward, recover weight on L  
右足前下沉, 左足回復
- 5-6 Turning  $\frac{1}{2}$  right step R forward, turning  $\frac{1}{2}$  right step L back  
右轉180度右足前踏, 右轉180度左足後踏
- 7-8 Turning  $\frac{1}{2}$  right step R forward, step L forward on L diagonal (11:30)  
右轉180度右足前踏, 左足左斜角前踏(面向11:30)

Non-turning 8: Walk fwd R, L, R fwd rock & recover, turn  $\frac{1}{2}$  R & walk fwd R, L, R, L

不轉圈跳法:前走步-右, 左, 右足前下沉 回復, 以前走四步右轉180度-右,左,右,左

**第六段 R Fwd, L Point, 1/8 R & L Together, R Point,  $\frac{1}{4}$  R & R Together, L Point, R Weave 2, L Behind-Side-Cross  
踏, 點, 1/8併, 點, 1/4併, 點, 交叉 右踏, 後旁前交叉**

- 1 On left diagonal step R forward 左斜角右足前踏
- 2&3 Point L side, turning 1/8 right step L together (to square to wall), point R side (12 o'clock)  
左足左點, 右轉45度左足併踏(轉正), 右足右點(面向12點鐘)
- &4-6 Turning  $\frac{1}{4}$  right step R together, point L side, cross step L over R, step R side (3 o'clock)  
右轉90度右足併踏, 左足左點, 左足於右足前交叉踏, 右足右踏(3點鐘)
- 7&8 Cross step L behind R, step R side, cross step L over R  
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

**第七段 R Side, Hold, L Sailor, R Sailor, L Fwd,  $\frac{1}{2}$  R & R Hook  
右踏, 候, 左水手, 右水手, 踏, 轉勾**

- 1-2 Step R side, hold 右足右踏, 候

- 3&4 Cross step L behind R, step R side, step L side  
左足於右足後交叉踏, 右足右踏, 左足左踏
- 5&6 Cross step R behind L, step L side, step R side  
右足於左足後交叉踏, 左足左踏, 右足右踏
- 7-8 Step L forward, turn  $\frac{1}{2}$  right on L and hook R across L (9 o'clock)  
左足前踏, 右轉180度右足於左足前交叉勾(面向9點鐘)

**第八段 R Fwd Shuffle, L Fwd,  $\frac{1}{4}$  R Pivot Turn, R Weave 2,  $\frac{1}{2}$  Hinge L Chassé**  
前交換, 踏 1/4, 交叉 右踏, 1/2左追步

- 1&2 Step R forward, step L together, step R forward  
右足前踏, 左足併踏, 右足前踏
- 3-6 Step L forward, pivot  $\frac{1}{4}$  right, cross step L over R, step R side  
左足前踏, 右軸轉90度, 左足於右足前交叉踏, 右足右踏
- 7&8 Turning  $\frac{1}{2}$  left step L side, step R together, step L side (6 o'clock)  
左轉180度左足左踏, 右足併踏, 左足左踏(面向6點鐘)

**TAG: At the END of wall 4 (facing back) dance the following 8 count tag and RESTART**

加拍: 第四面牆(面向後面牆)結束時, 跳完下面8拍後, 從頭起跳

- 1-2& R cross rock & recover, R side  
右足於左足前交叉下沉, 左足回復, 右足右踏
- 3-4& L cross rock & recover, L side  
左足於右足前交叉下沉, 右足回復, 左足左踏
- 5-8 R fwd,  $\frac{1}{2}$  L pivot turn, R fwd,  $\frac{1}{2}$  L pivot turn  
右足前踏, 左軸轉180度, 右足前踏, 左軸轉180度
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