

# Heroes Among Us

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Peter Giam (SG)

Musique: Spread a Little Love Around - Darryl Worley



Dedicated To Our Medical Heroes by Bishan East Zone 5 RC Singapore (Saddle Up & Boogie)

## FORWARD SHUFFLE TWICE, SIDE BEHIND SIDE TWICE

- 1&2 Step right forward, step left together, step right forward
- 3&4 Step left forward, step right together, step left forward
- 5&6 Step right to right side, step left behind right, step right to right side
- 7&8 Step left to left side, step right behind left, step left to left side

## PIVOT ½ TURN LEFT, SHUFFLE ½ TURN LEFT, BACK SHUFFLE, ROCK RECOVER

- 1-2 Step right forward pivot ½ left, weight on left
- 3&4 Right shuffle, stepping right left right making a ½ turn left
- 5&6 Step left back, step right together, step left back
- 7&8 Rock right back, recover weight on to left

## FULL TURN RIGHT, RIGHT CHASSE, FULL TURN LEFT, LEFT CHASSE

- 1-2 Turn ¼ right, step right forward, step left forward on ball of left making ¾ turn right
- 3&4 Step right to right, step left together, step right to right
- 5-6 Turn ¼ left, step left forward, step right forward on ball of right making ¾ turn left
- 7&8 Step left to left, step right together, step left to left

## PIVOT ½ TURN LEFT TWICE, JAZZ BOX TURN ¼ RIGHT

- 1-4 Step right forward making a ½ turn left, step right forward making another ½ turn left
- 5-8 Cross right over left, left step back, turn ¼ to right step right to side, step left to left

## REPEAT

To end the dance to face the front wall, when you are doing section 3, instead of left chasse to the left you make a ½ turn left to face the front, stomp right forward, spread your arms apart at waist high, palms facing down.