

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.