

# Cape of Our Hero

Compte: 32

Mur: 2

Niveau: High Beginner

Chorégraphe: Anja Brinch (DK) - September 2013

Musique: Cape of Our Hero - Volbeat



**Intro: 56 counts**

**R diagonal step lock, step lock step, L diagonal step lock, step lock step**

- 1-2 Step R to R diagonal, lock L behind R
- 3&4 Step R to R diagonal, lock L behind R, step R to R diagonal
- 5-6 Step L to L diagonal, lock R behind L
- 7&8 Step L to L diagonal, lock R behind L, Step L to L diagonal

**R Jazz box, R chasse, cross rock recover**

- 1-2 Cross R over L, step back on L
- 3-4 Step R to R side, cross L over R
- 5&6 Step R to R side, step L next to R, step R to R side
- 7-8 Step L across R, recover on R

**L chasse ¼ turn, pivot ½ turn, side rock, cross shuffle**

- 1&2 Step L to L side, step R next to L, step L ¼ turn L
- 3-4 Step R fw, pivot ½ turn left
- 5-6 Rock R to R side, recover on L
- 7&8 Cross R over L, step L to L, cross R over L

**Side rock, sailor ¼, pivot ½ turn, heel switches**

- 1-2 Rock L to L side, recover on R
- 3&4 Cross L behind R turning ¼ L, step R to R side, chance weight to L
- 5-6 Step R fw, pivot ½ turn left
- 7&8& Touch R heel forward, step R beside L, touch L heel forward, step L beside R

**Tags: Tag 1 after walls 1, 3, 4 – Tag 2 after wall 2**

**Tag 1: 8 counts - Grapevine R touch, grapevine L scuff**

- 1-2 Step R to R side, step L behind R
- 3-4 Step R to R side, touch L next to R
- 5-6 Step L to L side, step R behind L
- 7-8 Step L to L side, scuff R next to L

**Tag 2: 16 counts – Grapevine R touch, grapevine L scuff, 4 x paddle turns L**

- 1-2-3-4 Step R to R side, step L behind R, Step R to R side, Touch L next to R
- 5-6-7-8 Step L to L side, step R behind L, Step L to L side, Scuff R next to L
- 1-2-3-4 Step R fw, paddle ¼ turn L, Step R fw, paddle ¼ turn L
- 5-6-7-8 Step R fw, paddle ¼ turn L, Step R fw, paddle ¼ turn L

**Ending: Wall 10 dance first 8 counts and make pivot ½ turn Left**

Contact: [anjabrinch@outlook.dk](mailto:anjabrinch@outlook.dk)