

Like A Hero (英雄好漢) (zh)

COPPER KNOB
BY PERRELLI

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - 2008年05月
音乐: Hero - Charlotte Perrelli : (CD: Single)



前奏 : 16 Count intro 16拍起跳

- 第一段** **Right Forward. 1/2 Turn Right. Right Coaster Step. Left Forward. 1/2 Turn Left. Behind. Side. Cross.**
右前, 右轉1/2, 右海岸步, 左前, 左轉1/2, 後-旁-交叉
- 1-2 Step forward on Right. Turn 1/2 turn Right stepping back on Left.
右足前踏, 右轉180度左足後踏
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right.
右足後踏, 左足併踏, 右足前踏
- 5-6 Step forward on Left. Turn 1/2 turn Left stepping back on Right. (Facing 12 o'clock) 左足前踏, 左轉180度右足後踏(面向12點鐘)
- 7&8 Sweep/Cross Left behind Right. Step Right to Right side. Cross step Left over Right. 左足繞至右足後踏, 右足右踏, 左足於右足前交叉踏
- 第二段** **Right Side. Together. Right Lock Step Back. Side Rock 1/4 Turn Left. Left Cross Shuffle.**
右側, 併, 右後鎖步, 側下沉左轉1/4, 左交叉交換
- 1-2 Step Right to Right side. Close Left beside Right.
右足右踏, 左足併踏
- 3&4 Step back on Right. Lock step Left across Right. Step back on Right.
右足後踏, 左足於右足前鎖踏, 右足後踏(後鎖步)
- 5-6 Turn 1/4 turn Left rocking Left out to Left side. Recover weight on Right. 左轉90度左足左下沉, 右足回復
- 7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 9 o'clock)
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏 (面向9點鐘)
- 第三段** **Monterey 1/2 Turn Right with Holds. & Forward Rock. 2 x 1/2 Turns Right. 蒙特瑞右轉1/2 候, 前下沉, 二次右轉1/2**
- 1-2 Point Right toe out to Right side. Hold. 右足趾右點, 候
- 8&3-4 Turn 1/2 turn Right stepping Right beside Left. Point Left toe out to Left side. Hold. 右轉180度右足併踏, 左足趾左點, 候
- 8&5-6 Step Left beside Right. Rock forward on Right. Rock back on Left.
左足併踏, 右足前下沉, 左足後下沉
- 7-8 Turn 1/2 turn Right stepping forward on Right. Turn 1/2 turn Right stepping back on Left. 右轉180度右足前踏, 右轉180度左足後踏
- 第四段** **Back Rock. Right Kick-Ball-Step Forward. Forward Rock. Triple Step Full Turn Right. 後下沉, 右前踢交換, 前下沉, 小三步右轉圈**
- 1-2 Rock back on Right. Rock forward on Left. 右足後下沉, 左足前下沉
- 3&4 Kick Right forward. Step ball of Right beside Left. Step forward on Left. 右足前踢, 右足併踏, 左足前踏
- 5-6 Rock forward on Right. Rock back on Left. 右足前下沉, 左足後下沉
- 7&8 Right triple step On The Spot turning Full turn Right stepping Right. Left. Right. (Facing 3 o'clock)
右小三步轉圈-右, 左, 右(面向3點鐘)
- 第五段** **Cross. Hold. & Heel Jack 1/4 Turn Left. Hold. Side Rock. Recover with Hitch. Chasse Left**
交叉, 候, 左轉1/4踏點, 候, 側下沉, 回復抬, 左追步
- 1-2 Cross step Left over Right (Body Facing Right Diagonal). Hold.
左足於右足前交叉踏(身體面向右斜角線), 候
- 8&3-4 Turn 1/4 turn Left stepping back on Right. Touch Left heel Diagonally forward Left. Hold. 左轉90度右足後踏, 左足腫左斜角線前點, 候
- 5-6 Rock Left out to Left side. Recover weight on Right hitching Left knee across Right. 左足左下沉, 右足回復左膝蓋抬起交叉於右足前

7&8 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 12 o'clock)
左足左踏, 右足併踏, 左足左踏(面向12點鐘)

第六段 Back Rock. Right Kick-Ball-Cross. Stomp. Hold. Left Sailor Cross 1/4 Turn Left. 後下沉, 右踢交叉交換, 重踏, 候, 左轉1/4交叉水手步

1-2 Rock back on Right. Rock forward on Left.
右足後下沉, 左足前下沉

3&4 Kick Right Diagonally forward Right. Step ball of Right beside Left. Cross step Left over Right.
右足右斜角線前踢, 右足併踏, 左足於右足前交叉踏

5-6 Stomp Right to Right side. Hold. 右足右重踏, 候

7&8 Cross Left behind Right turning 1/4 turn Left. Step Right beside Left. Cross step Left over Right.
左足於右足後交叉踏左轉90度, 右足併踏, 左足於右足前交叉踏

第七段 Side Step Right. Drag. Left Kick-Ball-Cross. Side Step Left. Together. Left Shuffle Forward. 右側踏, 拖, 左踢交叉交換, 左側踏, 併, 左前交換

1-2 Long Step Right to Right side (Angle Body Diagonally Left). Drag Left towards and beside Right.
右足右一大步(身體彎向左斜角線), 左足拖併

3&4 Kick Left Diagonally forward Left. Step ball of Left beside Right. Cross step Right over Left.
左足左斜角線前踢, 左足併踏, 右足於左足前交叉踏

5-6 (Straighten up to 9 o'clock) Step Left to Left side. Close Right beside Left. 左足左踏, 右足併踏

7&8 Left shuffle forward stepping Left. Right. Left.
左前交換步-左, 右, 左

第八段 Forward Rock. Right Triple Step 3/4 Turn Right. Forward Rock. Left Coaster Step. 前下沉, 右小三步轉3/4, 前下沉, 左海岸步

1-2 Rock forward on Right. Rock back on Left.
右足前下沉, 左足後下沉

3&4 Right triple step turning 3/4 turn Right stepping Right. Left. Right. 右足小三步右轉270度-右, 左, 右

5-6 Rock forward on Left. Rock back on Right.
左足前下沉, 右足後下沉

7&8 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 6 o'clock) 左足後踏, 右足併踏, 左足前踏

Note: A 16 Count Tag is needed at the End of Wall 2 ... and a 4 Count Tag at the End of Wall 4 第二面牆結束加16拍, 第四面牆結束加4拍

16 Count Tag (12 o'clock): 16加拍(12點鐘)

Forward Rock & Heel. Hold. & Forward Rock. Right Shuffle 1/2 Turn Right. 前下沉 踵點 候 前下沉 右轉1/2交換步

1-2 Rock forward on Right. Rock back on Left.
右足前下沉, 左足後下沉

&3-4 Step back on Right. Touch Left heel forward. Hold.
右足後踏, 左足踵前點, 候

&5-6 Step Left back to place. Rock forward on Right. Rock back on Left.
左足後回原地踏, 右足前下沉, 左足後下沉

7&8 Right shuffle turning 1/2 turn Right stepping Right. Left. Right.
右轉180度交換步 右, 左, 右

9-16 Repeat above Counts 1 – 8 on Opposite Foot
重覆 1-8 拍(腳步相反)

4 Count Tag (12 o'clock): 4加拍(12點鐘)

Step. Pivot 1/2 Turn Left x 2. 踏左轉1/2二次

1-4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Pivot 1/2 turn Left 右足前踏, 左轉180度, 右足前踏, 左轉180度
