

Heroes

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Tony Myers (UK) - April 2015
音乐: Heroes (We Could Be) (feat. Tove Lo) - Alesso



Intro 16 Counts

SECTION 1:-Side Rock, Recover: Cross & Heel: & Rock, Recover: Shuffle Turn

1 2 Rock right to side (1) Recover weight to left (2)
3&4 Cross right over left (3) Step slightly back on left (&) Dig right heel to right diagonal (4)
&56 Step slightly back on right (&) Rock forward on left (5) Recover weight to right (6)
7&8 Turn ¼ left stepping left to side (7) Step right next to left (&) Turn ¼ left stepping forward on left (8) (6:00)

SECTION 2:-Cross, Kick: Behind, Side, Cross: Turn, Side: Coaster Step

1 2 Step right across left (1) Kick left to side (2)
3&4 Step left behind right (3) Step right to side (&) Step left over right (4)
5 6 Turn ¼ right stepping back on right (5) Step left to side (6) (3:00)
7&8 Step back on right (7) Step left with right (&) Step forward on right (8)

SECTION 3:-Step, Pivot: Side Rock & Cross: Side, Together: Shuffle Turn

1 2 Step forward on left (2) Pivot ½ turn right (9:00)
3&4 Rock left to side (3) Recover weight on right (&) Cross left over right (4)
5 6 Step right to side (5) Step left next to right (6)
7&8 Step right to side (7) Step left next to right (&) Turn ¼ right forward on right (8) (12:00)

SECTION 4:- Step, Hold :Step, Turn, Step: Side, Touch: Kick, Ball, Cross

1 2 Step forward on left (1) Hold (2)
3&4 Step forward on right (3) Pivot ½ turn left (&) Step forward on right (4) (6:00)
5 6 Step left to side (5) Touch right next to left (6)
7&8 Kick right forward (7) Step onto right (&) Cross left over right (8) (6:00) #R walls 3 & 6

SECTION 5:-Back, Sweep: Back, Sweep: Behind, Side: Cross Mambo Turn

1 2 Step back on right(1) Sweep left behind right (2)
3 4 Step back on left (3) Sweep right behind left (4)
5 6 Step right behind left (5) Step left to side (6)
7&8 Rock right over left (7) Recover weight on left (&) Turn ¼ right stepping right to side (8) (9:00)

SECTION 6:-Cross Point: Sailor Turn: Left Knee Pop x 2: Side, Together, Forward

1 2 Cross left across right (1) Point right to side (2)
3&4 Step right behind left (3) Turn ¼ right stepping left to side (&) Turn ¼ right stepping forward on right(4) (3:00)
5 6 Pop left knee in (5) Pop left knee out (4)
7&8 Step right to side (7) Step left next to right (&) Step forward on right (8)

SECTION 7:-Step Forward, Touch: Step Back, Touch: Press, Kick: Left Back, Lock, Back

1 2 Step forward on left to left diagonal (1) Touch right next to left (2)
3 4 Step back on right to right diagonal (3) Touch left next to right(4)
5 6 Press left slightly forward (5) Place weight back on right & kick left forward (6)
7&8 Step back on left (7) Lock right over left (&) Step back on left (8)

SECTION 8:-Pivot Turn: Rock & Turn: Side Rock, Recover: Cross Shuffle

1 2 Step forward on right (1) Pivot ¼ turn left (2) (12:00)

3&4 Rock forward on right (3) Recover weight onto left (&) Turn ½ right stepping forward on right (4) (6:00)
5 6 Rock left to side (5) Recover weight to right (6)
7&8 Cross left over right (7) Step right to side (&) Cross left over right (8)

#Restarts after 32 counts on walls 3 (6:00) and 6 (12:00)

Dance finishes facing 12:00 after wall 8. On last count of music stamp right to side to finish.

Have fun

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