

Secret Love of Heroes

COPPER KNOB
BYEPOSTHEATS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Gary Spurway (UK) - July 2016
音乐: Secret Love Song (feat. Jason Derulo) - Little Mix



Alt music; Heroes by Mans Zelmerlow

*Little Mix – start on hard beat after she sings “cause im yours “ (slow song)

**Mans Zelmerlow - start after he sings “we are the heroes of our time “ either the 1st time (about 37 secs in but no prominent beats) or on the hard beat after he sings it the 3rd time(about 1;08 in) (fast song)

Section 1: Turned Chasse In A Box

1&2 turn ¼ to the left and step to right, step left to right ,step right to side
3&4 turn ¼ to the left and step to the left ,right together ,step left
5&6 turn ¼ to the left and step to right, step left to right ,step right to side
7&8 turn ¼ to the left and step to the left ,right together ,step left

Section 2: Walk Walk Mambo ,Back Back Coaster Cross

1-2 walk forward right ,left
3&4 rock on right , recover on left, step back right
5-6 back left , right
7&8 step back left, step right together ,step forward left

Section 3: Cross And Rock ,Cross And Rock ,Step ½ Turn, Scuff Scoot Step

1&2 cross right in front of left ,rock on to left ,recover on to right
3&4 cross left in front of right ,rock on to right , recover on to left
5-6 step right forward, and do ½ turn
7&8 scuff right forward ,hitch right and scoot forward ,step right down

(Easy Option Remove The “Scoot Forward “)

Section 4: Side Close ,Side Close Side, Heel Switches Clap

1-2 step left to side ,step right together
3&4 step left to side ,step right together ,left to side
5-6 right heel forward ,right heel in and left heel forward
7-8 left heel back and right heel forward ,clap hand

Start Again

Any Feed Back Is Appreciated

Contact: www.crazyrenegades.co.uk - info@crazyrenegades.co.uk