# Legends and Heroes

级数: Phrased Intermediate

编舞者: Jack Swanson & Aly Glasier - August 2017

音乐: Something Just Like This - The Chainsmokers & Coldplay

## Pattern: AAA BB AA BB AAA BBBB

拍数: 48

#### Intro 16 Counts (start on the word Old)

## Part A: 32 Counts

- AS1: Rock forward, shuffle back, rock back, walk walk
- 1-2 Rock forward on right and recover on left
- 3&4 Shuffle back right left right
- 5 -6 Rock back on left and recover on right
- 7-8 Walk forward two steps left right
- \*Can do a full turn turning over right shoulder

## AS2: Quarter turn, crossing shuffle, hinge turn, shuffle forward

- 1-2 Step forward on left, pivot 1/4 turn right shifting weight to right (3:00)
- 3&4 Crossing shuffle left right left
- 5-6 Step back on right as you ¼ turn left, step to left with left as you ¼ turn left again (9:00)
- 7&8 Shuffle forward right left right

## AS3: Rock forward, shuffling half turns, behind side cross

- 1-2 Rock forward on left and recover
- 3&4 Shuffle half turn left (left right left) (3:00)
- 5&6 Shuffle half turn left (right left right) (9:00)
- 7&8 Step left behind right, step right to right side, cross left over right.

## \*Turns can be modified to straight shuffles back

## AS4: Rock side, behind side cross, rock side, coaster step

- 1-2 Rock to the right and recover on left
- 3&4 Step right behind left, step left to left side, cross right over left
- 5-6 Rock to the left and recover on right
- 7&8 Left coaster step

## B: 16 Counts

## BS1: Stomp, toe heel stomp, toe heel rock, half turn shuffle

- Stomp with right foot 1
- 2&3 Touch left toe next to right, touch left heel next to right, stomp in place with left foot
- 4& Touch right toe next to left, touch right heel next to left
- 5-6 Rock forward with right and recover on left
- 7&8 Shuffle half turn right (3:00)

## BS2: Press, press, shuffle back, coaster step

- 1-2& Press forward left and return weight to right, ball step onto left foot
- 3-4 Press forward right and return weight to left
- 5&6 Shuffle back right, left, right
- 7&8 Left coaster step

## Contact: linedancerconnie@gmail.com

Last Update - 2nd Sept 2017





**墙数:**4