

Be Your Hero

拍数: 32 墙数: 4 级数: Improver
编舞者: Norman Gifford (USA) - October 2017
音乐: Hold On - ZZ Ward



(Side-ball-change-ball-heel-ball-toe, kick-ball-change, kick-ball-touch)

1& Right toe touch side; right together
2& Left toe touch side; left together
3&4 Right heel touch forward; right together; left toe touch back
5&6 Left kick forward; left together; right step in place
7&8 Left kick forward; left together; right toe touch by left

(Side-rock, cross-side-cross, side-rock, behind-side-forward)

1-2 Right rock side; left replace
3&4 Right crossover; left step slightly side; right step crossed over
5-6 Left rock side; right replace
7&8 Left behind; right step side; left step forward

RESTART here on wall #3, facing 6:00

(Windshield wiper turn ½ right, cross-rock, replace, back cross-lock steps to the side)

1-2 Right rock forward; left replace
3&4 Triple-step turn ½ right (RLR) [6:00]
5-6 Left cross-rock; right replace
7&8 Left step back; right crossover; left step back (done to the side facing 7:30)

(Travel sideways maintaining the 6:00 wall on this lock-step)

(Modified vaudville, side rock-step, turning sailor-step turning ¼ left)

1-2 Right step back left diagonal; left replace
&3 Right step side; left heel touch forward diagonal
&4 Left step back; right crossover
5-6 Left rock side; right replace
7&8 Left sweep behind turning ¼ left; right together; left step slightly forward [3:00]

BEGIN AGAIN

Contact: nlgifford@yahoo.com