

My Own Hero

COPPERKNOB
BY STEPHEN HARRIS

拍数: 32 墙数: 2 级数: Intermediate Rolling Count
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - July 2019
音乐: My Own Hero - Andy Grammer : (iTunes)



Start ...On The Word Down approx 7 secs

S1: Step, Cross Back 1/4 Point, 1/4, 1/2 Rock, Step, 1/2, 1/2, Sweep, Cross Side Side Hitch.

- 1 Step forward on Left sweeping Right from back to front.
2&a3 Cross step Right over Left, step back on Left, make 1/4 Right stepping Right Right side, point Left toe to Left side. (3:00)
4a5 Make 1/4 turn to Left stepping forward on Left, make 1/2 turn to Left stepping back on Right, rock back on Left. (6:00)
6&a7 Recover on Right, make 1/2 turn to Right stepping back on Left, 1/2 turn Right stepping forward on Right, sweep Left from back to front. (6:00)
8&a1 Cross step Left over Right, step Right to Right side (slightly back), step Left to Left side, make 1/8 turn to Left stepping forward on Right as you Hitch Left slightly. (4:30)

S2: Back, Back, 1/2 Sweep, Cross, 1/4, 1/4, Step, Mambo Step, 1/4 Drag, Back Rock Side, Behind.

- 2a3 Step back on Left, step back on Right, make 5/8 turn to Left stepping forward on Left sweeping Right. (9:00)
4&a5 Cross step Right over Left, make 1/4 turn to Right stepping back on Left, 1/4 turn to Right stepping forward on Right, step forward on Left. (3:00)
6&a7 Rock forward on Right, recover on Left, step back on Right, make 1/4 turn to Left taking large step to Left & dragging in Right. (12:00)
8&a1 Cross rock Right behind Left, recover on Left, step Right to Right side, cross step Left behind Right sweeping Right.

S3: Behind & Rock, Recover Side Cross 1/8, 1/8, 1/8, Back, 1/8, Run, Run, Run.

- 2a3 Cross step Right behind Left, step Left to Left side, cross rock Right over Left.
4&a5 Recover on Left, step Right to Right side, cross step Left over Right, make 1/8 turn to Right stepping forward on Right. (1:30)
6a7 1/8 turn to Right stepping Left to Left side, 1/8 turn Right stepping back on Right, step back on Left. (4:30)
8&a1 1/8 turn to Right stepping Right to Right side, run forward Left-Right-Left. (6:00)

S4: Step 1/4 Cross 3/4 Hitch, Sweep, Cross, 1/4, 1/2, Sweep, Cross Back Side.

- 2&a3 Step forward on Right, pivot 1/4 turn to Left, cross step Right over Left, make 1/4 turn Right stepping back on Left as you spiral/Lifting Right & carry it round another 1/2 turn... (3/4 turn to Right in total) (12.00)
4-5 Step forward on Right as you sweep 1/4 turn to Right, cross step Left over Right .(3.00)
6a7 Make 1/4 turn Left stepping back on Right, Make 1/2 turn to Left stepping forward on Left, sweep Right from front to back. (6.00)
8&a Cross step Right over Left , step back on Left, step Right to Right side (6.00)

No Tags or Restarts :)

Last Update - 14 July 2019