

Heroes Waltz

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver waltz
编舞者: Judy Rodgers (USA) - November 2020
音乐: Heroes (feat. Thomas Rhett) - Lady A : (Album: Ocean, Deluxe Edition - Amazon
- 3:57)



#24 count intro - No tags or Restarts

S1: Cross side rock, cross side rock (moving fwd)

1-3 Cross R over L, rock L to left side, recover R
4-6 Cross L over R, rock R to right side, recover L

S2: Cross side behind, turn 1/4 L point hold

1-3 Cross R over L, step L to left side, step R behind L
4-6 Turn 1/4 left step L fwd, point R to right side, hold 9:00

S3: Step sweep, rock recover turn 1/2 L

1-3 Step R fwd, sweep L from back to front (2 beats)
4-6 Rock L fwd, recover R, turn 1/2 left step L fwd 3:00

S4: Step rock recover, coaster step

1-3 Step R forward, rock forward L, recover R
4-6 Step L back, step R beside L, step L fwd

S5: Step, turn 1/2 R, together, step turn 1/4 R together

1-3 Step R fwd, turn 1/2 right step L back, step R back 9:00
4-6 Step L back, turn 1/4 right step R to right side, step L beside R 12:00

S6: Cross side rock, cross turn 1/4 L turn 1/4 L

1-3 Cross R over L, rock L to left side, recover R
4-6 Cross L over R, turn 1/4 left step R back, turn 1/4 left step L to left side 6:00

S7: Step point hold, back sweep

1-3 Step R fwd, point L to side, hold
4-6 Step L back, sweep R from front to back over 2 counts

S8: Turn 1/4 R sailor step, sway sway sway

1-3 Turn 1/4 right sweep R behind L, step L to left side, step R to right side 9:00
4-6 Sway L R L

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