

# 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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