

Hero

拍数: 32 墙数: 4 级数: Improver
编舞者: YoungSoon Song (KOR) - July 2021
音乐: Hero - Weezer



No Tag, No Restart

S1: FORWARD ROCK/RECOVER, SHUFFLE BACKWARDS X2, OUT-OUT, KNEE BAND

1-2 RF Rock Forward(1), LF Recover(2)
3&4 RF Step Backwards(3), LF Together(&), RF Step Backwards(4)
5&6 LF Step Backwards(5), RF Together(&), LF Step Backwards(6)
&7-8 RF Out Stepping Back(&), LF Out(7), RF Knee Band Inside(8)

S2: KNEE BAND X2, HOLD, BALL-CROSS, 1/4 MONTEREY TURN R

1-2 Right Knee Recover and LF Knee Band Inside(1), Left Knee Recover and RF Knee Band(2)
3&4 Hold(3), RF Ball Inside(&), LF Cross Over(4)
5-6 RF Touch R(5), RF Recover 1/4 Turn R(3:00)(6)
7-8 LF Touch L(7), LF Recover(8)

S3: OUT-OUT/CLAP X2, JAZZ BOX, FORWARD

&1-2 RF Out Stepping Back(&), LF Out(1), Hold with Clap(2)
&3-4 RF Out Stepping Back(&), LF Out(3), RF Clap with Scuff Cross(4)
5-6 RF Cross Over(5), LF Step Backwards(6)
7-8 RF Step R(7), LF Step Forward(8)

S4: SHUFFLE, PIVOT 1/2 TURN R, SHUFFLE, FULL TURN L

1&2 RF Step Forward(1), LF Together(&), RF Step Forward(2)
3-4 LF Step Forward(3), RF Step 1/2 Turn R(9:00)(4)
5&6 LF Step Forward(5), RF Together(&), LF Step Forward(6)
7-8 RF 1/2 Turn L Step Back(3:00)(7), LF 1/2 Turn L Step Forward(9:00)(8)
