

Hero

拍数: 32 墙数: 4 级数: Improver
编舞者: Sébastien BONNIER (FR) & Magali Chabret Erhard (FR) - June 2021
音乐: Hero - Afrojack & David Guetta : (Single)



#16 counts intro

S1 : SIDE, TAP, SIDE, TAP, SUGAR FOOT ¼ TURN L, R TRIPLE STEP FWD

1-2 Step Rf to right side - touch left toes behind Rf
3-4 Step Lf to left side - touch right toes behind Lf
1-2 arms in the air and palms facing the sky (1) - hands down at thigh height (2). 3-4 : repeat 1-2
5-6 Step ball of Rf to side swiveling both heels to left - turn 1/4 left swiveling heels to right & taking weight on Lf (9:00)
7&8 Step Rf forward - step Lf beside Rf - step Rf forward

S2 : STEP, HITCH, ¼ R STEP SIDE, POINT SIDE, ¼ L STEP FWD, ¼ L STEP SIDE, BEHIND SIDE CROSS

1-2 Step Lf forward - hitch right knee
3-4 Turn 1/4 right stepping Rf to right side - point Lf to left side (12:00) looking to the right
3-4 right arm out straight is doing a full circle from front to back (clockwise), right hand stops at the bottom, near R thigh
5-6 Turn 1/4 left stepping Lf forward (9:00) - turn 1/4 left stepping Rf to right side (6:00)
7&8 Step Lf behind Rf - step Rf to side - cross Lf over Rf

S3 : SIDE, L SAILOR STEP, R SAILOR ¼ TURN R, JAZZ TRIANGLE

1 Step Rf to side
2&3 Step ball of Lf behind Rf - step ball of Rf to side - step Lf to side
4&5 Step ball of Rf behind Lf - turn 1/4 right stepping Lf beside Rf - step Rf forward (9:00)
6-7-8 Cross Lf over Rf - step back on Rf - step Lf to side

S4 : R & L CROSS SAMBA, 3 WALKS ½ CIRCLE L, JUMP FWD with FLICK

1&2 Cross Rf over Lf - rock Lf to side - recover onto Rf
3&4 Cross Lf over Rf - rock Rf to side - recover onto Lf
5-6-7 Walk 3 steps in a half circle to the left stepping R, L, R (3:00)
8 Small jump stepping Lf forward & flick right heel backward

No tag, no restart!

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.