

The Hero

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Wandy Hidayat (INA) - July 2021
音乐: Hero - Mariah Carey



I. ½ R, SWEEP, BACK, SIDE, LUNGE, SIDE, SPIRAL, SIDE, CROSS, SIDE WITH HOOK

- 1 ½ Turn R step LF back and sweep RF (6.00)
- 2&3 Step RF behind LF, step LF to side, cross RF over LF with lunge
- 4&5 Recover on LF, step RF to side, cross LF over RF and full spiral R
- 6&7 Step RF to side, recover on LF, cross RF over LF
- 8 Step LF to side and hook RF

II. DIAMOND, ½ L, SWEEP, BACK, SIDE, FWD, CLOSE

- 1 Step RF to side
- 2&3 1/8 Turn L step LF back, step RF back, 1/8 turn L step LF to side
- 4&5 1/8 Turn L step RF fwd, step LF fwd, ½ turn L step RF back and sweep LF (9.00)
- 6&7 Step LF behind RF, step RF to side, step LF fwd
- 8& Recover on RF, close LF together

III. ½ R HITCH, WALK L-R, FWD, ½ L, 2 ¼ CHAINE TURN

- 1 Step RF fwd and ½ turn R hitch LF
- 2-3 Walk LF-RF
- 4&5& Step LF, recover on RF, ½ turn L step LF fwd, ½ turn L step RF back
- 6&7 ½ Turn L step LF fwd, ½ turn L step RF back, ¼ turn L step LF to side (12.00)
- 8& Step RF behind LF, step LF in place

IV. ¼ R WEAVE, ½ L, NC BASIC, SPIRAL, FWD

- 1 ¼ Turn R step RF fwd and sweep LF (3.00)
- 2&3 Cross LF over RF, step RF to side, step LF back and sweep RF
- 4&5 Step RF behind LF, ¼ turn L step LF fwd, ¼ turn L step RF to side (9.00)
- 6&7 Step LF slightly behind RF, recover on RF, step LF to side and ¾ R spiral (6.00)
- 8 Step RF fwd

Tag 1 (8c) after wall 2

CROSS, SIDE, CROSS, FWD, ¼ L, ¼ R

- 1 Cross LF over RF
- 2&3 Recover on RF, step LF to side, cross RF over LF
- 4&5 Recover on LF, step RF to side, step LF fwd
- 6-8 Recover on RF, ¼ turn L step LF to side, ¼ turn R step RF in place

Tag 2 (4c) after wall 4

CROSS, SIDE, CROSS, SIDE

- 1-2& Cross LF over RF, recover on RF, step LF to side
- 3-4& Cross RF over LF, recover on LF, step RF to side

Enjoy the dance!!

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