

Hero

拍数: 64 墙数: 2 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - September 2021
音乐: Hero - Afrojack & David Guetta : (Spotify)



(Intro: 16 counts).....

[S1] Sailor Step, Back Rock, 1 and 1/4 Turn Left

1&2 Step R behind L, Step L beside R, Step R to the side
3 4 Rock back on L, Replace weight on R
5 6 Step forward on L, Make a 1/2 turn left stepping back on R (6:00)
7 8 Make a 1/2 turn left stepping forward on R, Make a 1/4 turn left stepping R to the side (9:00)

[S2] Reverse Rocking Chair, 1/4R w/ Kick, Coaster Step, 1/4R

1 2 Rock back on L, Replace weight on R
3 4 Rock forward on L, Replace weight on R
5 Make a 1/4 turn right stepping (hop) back on L/kick forward on R (12:00)
6&7 Step back on R, Step L next to R, Step forward on R
8 Make a 1/4 turn right stepping L to the side (3:00)

[S3] Reverse Rocking Chair, 1/4R w/ Kick, Side Rock-Cross, Point

1 2 Rock back on R, Replace weight on L
3 4 Rock forward on R, Replace weight on L
5 Make a 1/4 turn left stepping (hop) back on R/kick forward on L (12:00)
6&7 Rock L to the side, Replace weight on R, Cross L over R
8 Point R to the side

[S4] 1/4R, Step-Pivot 1/2R-1/2R Turning Shuffle-1/2R-Fwd-Samba 1/4L

1 Make a 1/4 turn right step down on R (3:00)
2 3 Step forward on L, Make a 1/2 turn right recover weight on R (9:00)
4&5 Making a 1/2 turn right shuffle back on L-R-L (3:00)
6 Make a 1/2 turn right stepping forward on R (9:00)
7&8 Step forward on L, Making a 1/4 turn left rock R to the side, Replace weight on L (6:00)

[S5] 2x (Cross-1/4R-Back w/ Drag-Ball)

1 2 Cross R over L, Make a 1/4 turn right stepping back on L (9:00)
3 4& Step back on R, Dragging L close to R, Ball step L next to R
5 6 Cross R over L, Make a 1/4 turn right stepping back on L (12:00)
7 8& Step back on R, Dragging L close to R, Ball step L next to R

[S6] Cross Touch-Unwind 1/2L, Side Shuffle, Back Rock-Ball-Behind Touch-Unwind 1/2L

1 2 Touch/cross R toe over L, Unwind 1/2 turn left weight ends on R (6:00)
3&4 Left side shuffle on L-R-L
5 6& Rock back on R, Replace weight on L, Step R to the side
7 8 Touch/cross L toe behind R, Unwind 1/2 turn left weight ends on L (12:00)

[S7] Fwd-Out-Out, Paddle 1/4R, Syncopated Weave 1/4R, Step-3/4R Pivot

1&2 Step forward on R, Step L out to the side, Step R out to the side
3 4 Step forward on L, Make a 1/4 turn right recover weight on R (3:00)
5& Cross L over R, Step R to the side
6& Step L behind R, Make a 1/4 turn right stepping forward on R (6:00)
7 8 Step forward on L, Make 3/4 turn right recover weight on R (3:00)

[S8] Side Shuffle, 1/4R, 1/4R, Sailor Step, Sailor 1/4L Turn

1&2 Left side shuffle on L-R-L

3 4 Make a 1/4 turn right stepping R to the side (6:00), Make a 1/4 turn right stepping L to the side (9:00)

5&6 Step R behind L, Step L beside R, Step R to the side

7&8 Make a 1/4 turn left stepping L behind R, Step R beside L, Step L to the side (6:00)

Restart on Wall 3 count 32 (6:00)**

The dance finishes 12:00 o'clock.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 29/Sept/21)
