

My Hero

COPPER KNOB
BY STEPHEN METELNICK

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2021
音乐: My Hero - Westlife



Start after 16 counts intro - Shane will sing 'I Feel Love' come in after the word 'love' - approx. 12 secs - 3mins
16secs - 82bpm

Music Available: Amazon

[1-9] L fwd hitch R as you turn $\frac{1}{2}$ L (one movement), R side, L back rock/recover, L side, R behind, $\frac{1}{4}$ L, L fwd, $\frac{1}{2}$ L, R back as you hitch L, L back, R coaster cross

- 1-2 Step L forward as you hitch R knee up & turn $\frac{1}{2}$ left (this is all one movement), step R side (6 o'clock)
- 3&4 Rock L back, recover weight on R, step L side
- 5&6 Cross step R behind L, turning $\frac{1}{4}$ left step L forward, turning $\frac{1}{2}$ left step R back and hitch L knee up (9 o'clock)
- 7-8&1 Step L back, step R back, step L together, cross step R over L

[10-17] L side rock/recover, cross L over R, R side, cross L behind R, R side, cross L over R, point R toes R side, step R tog, L coaster step

- 2&3 Rock L side, recover weight on R, cross step L over R
- 4&5 Step R side, cross step L behind R, step R side
- 6&7 Cross step L over R, point R side, step R together
- 8&1 Step L back, step R forward, step L forward (extended 5th to prep for turn)

WALL 4 RESTART: During wall 4 (starts facing R side wall), dance first 16 counts to restart facing front

[18-24] $\frac{1}{2}$ L, R back, L back rock/recover, $\frac{1}{2}$ R, L back, R back rock/recover, R fwd, L fwd, $\frac{1}{4}$ right pivot turn, L cross step, R side

- 2-3&4 Turning $\frac{1}{2}$ left step R back, rock L back, recover weight on R, turning $\frac{1}{2}$ right step L back (9 o'clock)
- 5&6 Rock R back, recover weight on L, step R forward
- 7&8& Step L forward, pivot $\frac{1}{4}$ right, cross step L over R, step R side (12 o'clock)

[25-32] L cross rock/recover, L side, R cross rock/recover, R side, cross L over R, $\frac{1}{4}$ L, run back R/L/R, L back, R tog

- 1-2& Cross rock L over R, recover weight on R, step L side
- 3-4&5 Cross rock R over L, recover weight on L, step R side, cross step L over R
- 6&7 Turning $\frac{1}{4}$ left run back R, run back L, run back R
- 8& Step L back, step R together (9 o'clock)

You will end facing front wall to strike a pose. Enjoy!

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