

# My Hero

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Advanced  
编舞者: Hiroko Carlsson (AUS) - January 2022  
音乐: My Hero - Westlife : (Spotify/Amazon)



(16 counts intro)

**[S1] 1/2L w/ Sweep, Behind-Side-Cross-Hinge 1/2L into Side Rock, 3/4R w/ Sweep, Behind-Side-Cross Rock, Side Shuffle-(into Cross Lift)**

- 1 2&      Make a 1/2 turn left stepping back on R/sweeping L foot around, Step L behind R, Step R to the side (6:00)  
3&4&      Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping (rock) L to the side, Recover weight on R (12:00)  
5 6&      Make a 3/4 turn right stepping back on L/sweeping R foot around, Step R behind L, Step L to the side (9:00)  
7&8&      Rock across R over L, Replace weight on L, Step R to the side, Step L next to R

**[S2] -Cross Lift-Swing Turn 1/4L-Swing Back, Back-1/2R, Step-Pivot 1/4R, Cross-Reverse Side Roll**

- 1 2 3      Step R to the side and lift across L over R, Making a 1/4 turn left on ball of R swing/lift L forward, Swing/lift L back (6:00)

**Easy option for count 1 2 3: Step R to the side (1), Make a 1/4 turn left weight ends on R (2), Touch toes back (3)**

- 4&      Step back on L, Make a 1/2 turn right stepping forward on R (12:00)  
5 6      Step forward on L, Make a 1/4 turn right recover weight on R (3:00)  
7&8      Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L -making a further 1/4 turn left & prep for R scuff \*\* (3:00)

**[S3] Scuff-Side-Tap-Side-Together, Run-Run, Scuff-Side-Tap-Side, Walk Fwd**

- 1&2      Scuff R to the right, Step R to the side, Tap L next to R  
&3      Step L to the side, Step R together  
4&      Run forward on L-R  
5&6      Scuff L to the left, Step L to the side, Tap R next to L  
&7 8      Step R to the side, Step forward on L, Step forward on R

**[S4] Fwd Rock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd**

- 1&2      Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00)  
3&      Cross R over L, Make a 1/4 turn right stepping back on L (3:00)  
4&5      Making a 1/2 turn right shuffle forward on R-L-R (9:00)  
6 7 8      Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00)

**Restart on Wall 4 count 16\*\* (12:00)**

The dance finishes at the front.

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 5/Jan/22)