

Dreaming of a Hero

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK) - January 2023
音乐: Holding Out for a Hero - Adam Lambert



Intro: 16 Counts From When Heavy Beat Starts

R SIDE DIP TOUCH, L SIDE DIP TOUCH, R SIDE L BEHIND AND CROSS L SIDE R

1-2-3-4 Step R to R side as you dip down, touch L next to R, step L to L side as you dip down, touch R next to L
5-6&7-8 Step R to R side, cross L behind R, (&) step onto R, cross L over R, step R to R side

L ROCK BACK, SIDE L, R BEHIND, ¼ L, ½ L, BACK L, TOUCH R

1-2-3-4 L rock back, recover Fwd on R, step L to L side, cross R behind L
5-6-7-8 1/4 L step fwd on L, ½ L step back on R, step back on L, touch R slightly forward (3)

STEP FWD R, BRUSH L FWD, STEP FWD L, ¼ R, CROSS L, KICK R, CROSS R BEHIND L, SIDE L

1-2-3-4 Step fwd R, brush L forward, step Fwd on L, turn ¼ R stepping R to R side (6)
5-6-7-8 Cross L behind R, kick R to R diagonal, cross R behind L, step L to L side

R CROSS ROCK, AND CROSS L, SIDE R, L ROCK BACK, L SIDE ROCK ¼ R

1-2&3-4 R cross rock, recover back on L, (&) step R to R side, cross L over R, step R to R side
5-6-7-8 L rock back, recover Fwd on R, rock onto L to L side, recover on R as you turn ¼ R (9)

STEP FWD L, KICK R FWD, JUMP BACK RL, HOLD, BUMP L X2, BUMP R X 2

1-2&3-4 Step fwd on L, Kick R foot Fwd, (&) step slightly back and to R side on R, step L to L side, Hold and clap
5-6-7-8 Bump L to L side twice, bump R to R side twice

L FWD ROCK, ½ L SHUFFLE, CROSS R POINT L, CROSS L BEHIND R POINT R

1-2-3&4 L Fwd rock, recover back on R, ¼ L step L to L side, (&) step R next to L, ¼ L step Fwd L (3)
5-6-7-8 Cross R over L, point L to L side, cross L behind R, point R to R side

R ROCK BACK, STEP R ¼ L, R FWD ROCK AND HEEL, HOLD

1-2-3-4 Rock back on R, recover Fwd on L, step fwd R, ¼ L step L to L side (12)
5-6-&7-8 Rock fwd on R, recover back on L, (&) step slightly back on R, dig L heel Fwd, Hold

2 PIVOT TURNS ¼ L, R JAZZ BOX STEPPING TOGETHER

&1-2-3-4 (&) Step down on L, step fwd R, ¼ L step L to L side, step Fwd R, ¼ L step L to L side (6)
5-6-7-8 Cross R over L, step back on L, step R to R side, step L next to R

RESTARTS

WALL 2 At the end of wall 2 (Facing front) Dance first 4 counts in section 1, then 2 ½ Left Pivot turns (8 counts)

Then restart from beginning

WALLS 3 AND 4 At the end of these walls just dance first 4 counts in Section 1 and then restart from Beginning