

A Hero EZ

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Holding Out for a Hero - Adam Lambert



Intro: 16 counts (app. 22 secs)

***Tag 1: After wall 4 (facing 12:00)**

8 count : Side touch x2, Hip bump /R,L,R,L

***Tag 2: After wall 6 & 8 (facing 6:00, 12:00)**

4 count : Side touch x2

Sec1. Vine touch, rolling vine, touch

1234 Step R side, step L behind R, step R side, step L touch

5678 1/4 turn to left step L fwd, 1/2 turn to left step R back

Sec2. 1/4 turn to left step L side, step R touch

(Easy option - 5678: vine touch) Sec2. Back, back, rock, recover, pivot 1/2L, pivot 1/2L

1 2 Step R back, step L back (optional styling: swivel while walking back)

3 4 Rock back on R, recover L

5678 Step R fwd, 1/2 turn to left step L fwd, step R fwd, 1/2 turn to left step L fwd

Sec3. Side hip roll, tap toe, side hip roll, tap toe x2

1 2 Step R to side bending knees & rolling hip anti clockwise(1), tap L toe to L diag(2)

3 4 Step L to side bending knees & rolling hip clockwise(3), tap R toe to R diag(4)

5 6 Step R to side bending knees & rolling hip anti clockwise(5), tap L toe to L diag(6)

7 8 Step L to side bending knees & rolling hip clockwise(7), tap R toe to R diag(8)

Sec4. Cross, recover, 1/4R, touch, fwd, recover, 1/2L, touch

1234 Cross R over L, recover L, 1/4 turn to right step R fwd, touch L

5678 Step L fwd, recover R, 1/2 turn to left step L fwd, touch R

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