

I Need a Hero

拍数: 32 墙数: 4 级数: Beginner
编舞者: Josée Martel (CAN) - January 2023
音乐: Holding Out for a Hero - Adam Lambert



Intro: 16 counts after when heavy beat start

[1-8] Point, Together, Point, Together, Kick, Back, Kick, Together,

1-2 RF point side right, RF beside left
3-4 LF point side left, LF beside right
5-6 RF kick fwd, RF step back
7-8 LF kick fwd, LF beside right

[9-16] Point, Together, Point, Together, Out Out, In In,

1-2 RF point side right, RF beside left,
3-4 LF point side left, LF beside right,
5-6 RF step diagonally right fwd, LF step diagonally left fwd
7-8 RF back center, LF beside RF

[17-24] Step Forward, Pivot ½ Turn, Step, Hold, Step Forward, Pivot ½ Turn, Step, Hold,

1-2 Step right fwd, ½ turn left, (weight on left) (6:00)
3-4 Step right fwd, hold,
5-6 Step left fwd, ½ turn right, (weight on right) (12:00)
7-8 Step left fwd, hold

[25-32] Jazz Box ¼ Turn, Toe Strut, Toe Strut,

1-2 Cross right step over on left, left step back
3-4 ¼ turn right and RF step fwd, step left beside RF
5-6 RF on toe beside LF, RF drop heel down
7-8 LF on toe beside RF, LF drop heel down

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

***8 counts: Point forward, Together x4**

****Tag 2 & 3: After wall 6&8 (facing 6:00-12:00)**

****4 counts: Point forward, Together x2**