

Dreaming of a Hero EZ

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Val O'Connor (UK) - February 2023
音乐: Holding Out for a Hero - Adam Lambert



Intro: 16 Counts From When Heavy Beat Starts - Restarts: 3 easy restarts

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

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 R to R side, cross L over R,

R SIDE CHASSE, L ROCK BACK, SIDE L, RIGHT BEHIND, ¼ L, BRUSH R

1&2-3-4 Step R to R side, (&) L next to R, R to R side, rock back on L, recover Fwd on R

5-6-7-8 Step L to L side, cross R behind L, ¼ L step Fwd L, brush R Fwd (9)

STEP FWD R, POINT L, BACK L, POINT R, R ROCK BACK, STEP ¼ L

1-2-3-4 Step fwd R, point L to L side, step back L point R to R side,

5-6-7-8 R rock back, recover Fwd on L, step Fwd R, ¼ L step L to L side (6)

R FWD ROCK AND HEEL, HOLD, R JAZZ BOX STEPPING TOGETHER

1-2&3-4 R Fwd rock, recover back on L, (&) step back on R, dig L heel fwd, Hold for 1 count

&5-6-7-8 (&) Step down on L, cross R over L, step back on L, step R to R side, step L next to R

RESTARTS

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

Then restart from beginning

WALLS 6 AND 8

At the end of these walls just dance first 4 counts in Section 1 and then restart from Beginning (Side touches)

This is an alternative easy dance to my Intermediate dance of the same name
