

A Hero AB

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Annemaree Sleeth (AUS) - February 2023
音乐: Holding Out for a Hero - Adam Lambert



Intro 16 beats Counts After heavy beats

Dance Begins On 16 Counts from heavy beat Note For ABs I don't teach Tags to Begin with.
Feel Free to dance through them

SEC 1 [1 – 8] OUT, OUT, IN, IN, STEP, SCUFF, STEP, SCUFF

1 – 2 Step Right Out side, Step Left Out to Side
3 – 4 Step Right Back, Step Left Beside Right
5 – 6 Step Right Forward, Scuff Left Low Across Right
7 – 8 Step Left Forward, Scuff Right A Tiny Bit Forward

SEC 2 [9 - 16] BACK 4, SIDE TOUCH, SIDE TOUCH

1 – 2 Step Right Back, Step Left Back
3 – 4 Step Right Back, Step Left Beside Right (wgtL)
5 – 6 Step Right Side, Touch Left Beside Right
7 – 8 Step Left Side, Touch Right Beside Left

SEC 3 [17 – 24] VINE, TOUCH, ¼ VINE TOUCH

1 – 2 Step Right Side, Cross Left Slightly Behind Right
3 – 4 Step Right Side , Touch left Beside Right
5 – 6 Step Left Side, Cross Right Slightly Behind Left,
7 – 8 Turn ¼ Left Step Left Forward, Scuff Right Forward

SEC 4 [25 – 32] ADAPTED K STEP

1 – 2 Step Right Forward, Touch Left Behind Right
3 – 4 Step Left Back, Kick Right Slightly Forward/Touch
5 – 6 Step Right Back, Touch Left Across Right
7 – 8 Step Left Forward, Brush Right Forward (Ready to start again)

Begin Again

TAG 1: 8 COUNTS End Of Wall 4 Starts @3 00 Danced Facing 12.00 V STEPS X 2

TAG 2: 4 COUNTS End Of Wall 6 Starts @9 00 Danced Facing 6.00 V Steps X 1

TAG 3: 4 COUNTS End Of Wall 8 Facing @3.00 Danced Facing 12.00 V Steps X 1

ENDING FACING BACK COMPLETE DANCE, STEP FORWARD, ½ PIVOT, STEP FORWARD (CHASE
TURN TO FRONT)

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