

Hero

拍数: 32 墙数: 4 级数: High Improver
编舞者: Syafri's Fitri (INA) - June 2023
音乐: Hero - Alan Walker & Sasha Alex Sloan



I. LINDY STEP - KICKBALL CHANGE DIAGONAL - CHASEE

1&2 Step RF to R, Close LF next to RF, step RF to R
3 4 Rock LF back, Recover onto LF
5&6 Kick LF diagonal forward, step LF in place, Recover onto RF
7&8 Step LF to L (12 :00), Close RF next to LF, step LF to L

II. CHASEE TURN 1/4 - CHASEE TURN 1/2 - ANCHOR STEP R/L

1&2 Turn 1/4 L stepping RF to L, Close LF next to RF, step RF to L
3&4 Turn 1/4 L stepping LF forward, close RF next to LF, Turn 1/4 L back
5&6 Rock R ball back, recover onto L ball, step RF back
7&8 Rock L ball back, recover onto R ball, step LF back

III. BACK ROCK - KICKBALL CHANGE - CHARLESTON TURN 1/4

1 2 Rock RF back, Recover onto LF
3&4 Kick RF forward, step RF in place, Recover onto LF
5 6 Step RF to R, Turn 1/4 R stepping RF Close next to LF
7 8 Step LF to L, Close LF next to RF

IV. TOE STRUT Turn 1/4 - TOE STRUT - STOMP TURN 1/2

1 2 Touch R F fwd - step RF in place
3 4 Turn 1/4 R touching LF fwd, step LF in place
5678 Turn 1/8 R stomp RF to R (4X)

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