

No Hero

拍数: 32 墙数: 4 级数: Improver
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音乐: No Hero - Jessta James



Intro: 16 counts.

Tag: after walls 2 and 5, facing 6:00

[1 - 8] Stomp fwd, hold, rock fwd, ¼ turn side triple, cross, ¼ turn.

1 2 Stomp R fwd, hold (12:00)
3 4 Rock L fwd, recover R (12:00)
5 & 6 ¼ turn left step L to L, step R together, step L to L (9:00)
7 8 Cross R over L, ¼ turn right step L back (12:00)

[9 - 16] ¼ turn, hold, step ½ turn step ¼ turn, and cross and heel jack.

1 2 ¼ turn right step R to R, hold (3:00)
3 4 Step L fwd, ½ turn right recover R (9:00)
5 6 Step L fwd, ¼ turn right recover R (12:00)
7 & 8 & Cross L over R, step R to R, heel L fwd diagonal, L together (12:00)

[17 - 24] Cross, hold, ¼ turn coaster step, full turn, step fwd.

1 2 3 Cross R over L, hold, ¼ turn right step L back (3:00)
4 & 5 Step R back, step L together, step R fwd (3:00)
6 7 ½ turn right step L back, ½ turn right step R fwd (3:00)
8 step L fwd (3:00)

[25 - 32] kick ball point, kick ball point, step ½ turn, full turn.

1 & 2 Kick R fwd, step R next to L, point L to L (3:00)
3 & 4 Kick L fwd, step L next to R, point R to R (3:00)
5 6 Step R fwd, ½ turn left recover L (9:00)
7 8 ½ turn left step R back, ½ turn left step L fwd (9:00)

Tag: 8 counts after walls 2 and 5, facing 6:00

[1 - 8] Stomp fwd, hold, step ½ turn, ¼ turn side triple, back rock.

1 2 Stomp R fwd, hold (6:00)
3 4 Step L fwd, ½ turn right recover R (12:00)
5 & 6 ¼ turn right step L to L, step R together, step L to L (3:00)
7 8 Rock R back, recover L (3:00)

Have fun!