

# My Hero

COPPER KNOB  
BY STEPHEN

拍数: 40      墙数: 4      级数: Beginner  
编舞者: Diana Oglesby (USA) - March 2024  
音乐: Hero - Marcus King



Intro: start on lyrics, with weight on L

**\*\*2 Restarts - Walls 2 and 5 after 32 counts**

## S1 (1-8) R SIDE, TOGETHER, R SIDE SHUFFLE, ROCK L BACK, RECOVER, L FWD SHUFFLE

1-2-3&4      Step R side (1), step L together (2), step R side (3), step L together (&), step R side (4)  
5-6-7&8      Rock L back (5), recover to R (6), step L forward (7), step R together (&), step L forward (8)

## S2 (9-16) R FWD, ¼ TURN L, R CROSSING SHUFFLE, ROCK L SIDE, RECOVER, L CROSSING SHUFFLE

1-2-3&4      Step R forward (1), turn ¼ L and step L side (2), cross R over (3), step L together (&), cross R over (4)  
5-6-7&8      Rock L side (5), recover to R (6), cross L over (7), step R together (&), cross L over (8) (9:00)

## S3 (17-24) ROCK R SIDE, RECOVER, R BACK COASTER, L FWD, ¼ TURN R, L OVER, R SIDE, ½ TURN L, STEP L SIDE

1-2-3&4      Rock R side (1), recover to L (2), step R back (3), step L together (&), step R forward (4)  
5&6-7-8      Step L forward (5), turn ¼ R and step R side (&), cross L over (6), step R side (7), turn ½ L and step L side (8) (6:00)

## S4 (25-32) R-L-FWD SHUFFLE, ROCK R FWD, RECOVER, R BACK, TURN ¼ L AND STEP L FWD, TOUCH R

1&2-3&4      Step R forward (1), step L together (&), step R forward (2), step L forward (3), step R together (&), step L forward (4)  
5-6-7&8      Rock R forward (5), recover to L (6), step R back (7), turn ¼ L and step L forward (&), touch R together (8) (9:00)

**Restart here on walls 2 and 5**

## S5 (33-40) SYNCOPATED K-STEP

1-2-3&4      Step R diagonally forward (1), touch L together (2), step L diagonally back (3), step R together (&), step L diagonally back (4)  
5-6-7&8      Step R diagonally back (5), touch L together (6), step L diagonally forward (7), step R together (&), step L diagonally forward (8)

Repeat

**\*\*2 Restarts - Walls 2 and 5 after 32 counts**

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