

My Hero

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Margaret Murphy (AUS)
音乐: Hero (Metro Mix) - Enrique Iglesias



ROCKS AND COASTER STEPS, LEFT AND RIGHT

1-2 Rock forward onto left, rock back onto right
3&4 Step back on left, step right next to left step forward on left
5-6 Rock forward onto right, rock back onto left
7&8 Step back on right, step left next to right, step forward on right (12:00)

ROCK LEFT, RIGHT, TRIPLE STEP, ROCK RIGHT, LEFT, TRIPLE STEP

1-2 Rock left to left side, rock onto right
3&4 Triple step on the spot left-right-left
5-6 Rock right to right, rock onto left
7&8 Triple step on the spot, right-left-right (12:00)

ROCK, ¼ TURN LEFT, SHUFFLE, PIVOT ½ TURN LEFT, SHUFFLE FORWARD

1-2 Rock left over right, step right in place
3&4 Turning ¼ turn left, shuffle forward left-right-left
5-6 Step right foot forward, pivot ½ turn left
7&8 Shuffle forward right-left-right (3:00)
1-8 Repeat last 8 beats (6:00)

STEP LOCK, SHUFFLE, ¼ TURN RIGHT, STEP LOCK SHUFFLE

1-2 Step forward on left, lock right behind left
3&4 Shuffle to forward, left-right-left
5-6 Turning ¼ turn right, step forward, on right lock left behind right
7&8 Shuffle forward, right-left-right (9:00)

JAZZ BOX, TRIPLE STEP, HEEL JACKS

1-2 Cross left over right, step back on right
3&4 Triple step on the spot, left-right-left
5&6& Cross right over left, step on left placing right heel forward, step onto right
7&8 Cross left over right, step on right placing left heel forward (9:00)

ROCK, ROCK, CROSS SHUFFLE

&1-2 Hop left back next to right, rock forward onto right, step back onto left
3&4 ½ turn right shuffle forward right-left-right
5&6& Cross left over right step onto right placing left heel forward, step onto right
7&8 Cross right over left, step onto left placing right heel forward. (3:00)

ROCK FORWARD, BACK, COASTER STEP, JAZZ BOX, TRIPLE STEP

&1-2 Hop rock forward on the left, rock step back onto right
3&4 Step back on left step right next to left, step forward on left
5-6 Cross right over left, step back on left
7&8 Triple step on the spot, right-left-right (3:00)

REPEAT