

# My Hero (Shrek)

COPPERKNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Jodie Norman (UK)  
音乐: Holding Out For a Hero - Jennifer Saunders



## HEEL & HEEL & HEEL & HEEL & HEEL (¼), POINT, HOOK, PLACE

- 1& Tap right heel forward, place right next to left
- 2& Tap left heel forward, place left next to right turning 1/8 left
- 3&4& Repeat steps 1&2& of this section
- 5& Tap right heel forward, place right next to left
- 6-7 Point left to the left, hook left foot behind right
- 8 Place left foot putting weight onto left

## HEEL FORWARD X4

- 1-2 Tap right heel forward, place right next to left
- 3-4 Tap left heel forward, place left next to right
- 5-8 Repeat steps 1-4 of this section

## POINT & POINT & POINT & POINT & POINT & POINT (¼), WALK, WALK

- 1& Point right to the right, place right next to left
- 2& Point left to the left, place left next to right turning 1/8 left
- 3&4& Repeat steps 1&2& of this section
- 5& Point right to the right, place right next to left
- 6 Point left to the left
- 7-8 Walk forward; left, right

## TOUCH, ¼ SIDE STEP, TOUCH, SIDE STEP, TOUCH, SIDE CHASSE

- 1-2 Touch left behind right, step left turning ¼ to the left
- 3-5 Touch right next to left, step right to the right, touch left next to right
- 6-8 Step right to the right, bring left up to right, step right to the right

## REPEAT

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