

Your Hero

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tim Hand (USA)
音乐: Hero (Metro Mix) - Enrique Iglesias



1st place 2002 Dance Team Showdown in Fort Wayne, IN

FOOT SWEEP, TRIPLE STEP, HIP BUMPS

1 Sweep right foot around in front of left
2 Step on right
3&4 Step left to side, step together with right, step to side with left
5-6-7-8 Bump hips right left right left

SAILOR STEP, SAILOR STEP WITH A ¼ TURN SHUFFLE FORWARD ROCK STEP

1&2 Step right foot crossed behind left, step left foot to side, step right foot slightly forward
3&4 Step left foot crossed behind right, step right to side, step left forward making a ¼ turn left
5&6 Step right foot forward, step left together, step right forward
7-8 Rock forward on left, recover on right

HOP BACK, HIP BUMPS WITH ¼ TURN, ½ TURN, COASTER STEP

&1 Step left foot back, step right foot to the side of left
2-3-4 Bump hips to left then right make a ¼ turn left as you bump hips to left
5 Step right foot forward
6 Pivot ½ turn to left (weight stays on right)
7&8 Step left foot back, step right foot together, step left foot forward

SHUFFLE FORWARD, OUT AND CROSS WITH ¼ TURN RIGHT, WEAVE RIGHT

1&2 Step right foot forward, step left together, step right foot forward
3&4 Step left forward making ¼ turn right, step right in place, cross left in front
5-6-7-8 Step right to side, step left behind right, step right to side, cross left in front of right

REPEAT
