

# Hero

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Athena Ryan (AUS)  
音乐: Hero (Metro Mix) - Enrique Iglesias



## ROCK, COASTER, ROCK, FULL TURN TRIPLE

1-2      Rock forward on left, rock onto right  
3&4      Step back on left, step right next to left, step forward on left  
5-6      Rock right to right side, rock onto left  
7&8      Step right behind left, turning  $\frac{1}{2}$  right, step left over right, turning  $\frac{1}{2}$  right, step right next to left

## ROCK, 2 SAMBAS, ROCK FORWARD

1-2      Rock left to left side, rock onto right  
3&4      Step left behind right, step right next to left, step left to left side  
5&6      Step right behind left, step left next to right, step right to right side  
7-8      Step forward on left, lock right behind left

## SHUFFLE, $\frac{1}{4}$ TURN, $\frac{3}{4}$ TURN, SHUFFLE

1&2      Shuffle forward left, right, left  
3-4      Step forward on right turning  $\frac{1}{4}$  turn left, rock onto left  
5-6      Cross right over left turning  $\frac{1}{4}$  turn right, step back on left, turning  $\frac{1}{2}$  turn right  
7&8      Shuffle forward right, left, right (now facing back wall)

## ROCK, $\frac{1}{4}$ TURN, FULL TURNS, SHUFFLE

1-2      Rock forward on left, step back on right turning  $\frac{1}{4}$  turn left  
3-4      Step left to left side, turning  $\frac{1}{2}$  turn left, step right over left, turning  $\frac{1}{2}$  turn left  
5-6      Repeat last 2 beats  
7&8      Shuffle to the left, left, right, left

## CROSS ROCK, SHUFFLE, CROSS ROCK, SHUFFLE

1-2      Rock right over left, rock onto left  
3&4      Shuffle to right, right, left, right  
5-6      Rock left over right, rock onto right  
7&8      Shuffle to left, left, right, left

## ROCK, $1\frac{1}{2}$ TURN, LOCK, SHUFFLE

1-2      Rock forward on right, rock onto left  
3-4      Step right back turning  $\frac{1}{2}$  turn right, step left over right turning full turn right  
5-6      Step forward on right, lock left behind right  
7&8      Shuffle forward, right, left, right

## ROCK, ROCK, ROCK, CROSS SHUFFLE

1-2      Rock left to left side, rock onto right  
3-4      Rock left behind right, rock onto right  
5-6      Rock left to left side, rock onto right  
7&8      Cross left over right shuffle left, right, left

## ROCK, ROCK, ROCK, $1\frac{1}{2}$ TURN

1-2      Rock right to right side, rock onto left  
3-4      Rock right behind left, rock onto left  
5-6      Rock right to right side, rock onto left

7-8 Step right over left, hitching left, turning 1 ½ turns left  
Or step right over left, hitching left, turn ½ turn left hold hitch for 1 beat

**REPEAT**

---