

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
