

# Hero No. 3

拍数: 48      墙数: 2      级数: Improver  
编舞者: Alison Shelley & Elaine Aldridge  
音乐: Hero (Metro Mix) - Enrique Iglesias



## RIGHT & LEFT SIDE ROCKS, RIGHT & LEFT CROSS SHUFFLES

1-2      Rock right to right side, recover on left  
3&4      Cross right in front of left, step left to left side, cross right in front of left  
5-6      Rock left to left side, recover on right  
7&8      Cross left in front of right, step right to right side, cross left in front of right

## RIGHT & LEFT KICK BALL POINTS, RIGHT ROCK, RIGHT COASTER STEP

1&2      Kick right forward, step right next to left, point left to left side  
3&4      Kick left forward, step left next to right, point right to right side  
5-6      Rock forward on right, recover on left  
7&8      Step back on right, step left next to right, step right forward

## PADDLE TURNS ¼ TURN RIGHT, RIGHT ROCK, BACK LEFT LOCK STEP

1-2      Rock left to left side, recover on right (turning 1/8th right)  
3-4      Rock left to left side, recover on right (turning 1/8th right) (making ¼ turn to right over 4 counts)  
5-6      Rock forward on left, recover on right  
7&8      Step back on left, step right across left, step back on left

## RIGHT SAILOR, LEFT SAILOR ¼ TURN LEFT, RIGHT ROCK, TRIPLE ½ TURN RIGHT

1&2      Cross step right behind left, step left to left side, step right to right side  
3&4      Cross step left behind right, step right ¼ turn left, step forward left  
5-6      Rock forward on right, recover on left  
7&8      Step right ¼ turn right, step left next to right, step right ¼ turn right.(making ½ turn right)

## RIGHT & LEFT FRONT & SIDE KICKS, RIGHT & LEFT COASTER STEPS

1-2      Kick left forward, kick left to left side  
3&4      Step back on left, step right next to left, step left forward  
5-6      Kick right forward, kick right to right side  
7&8      Step back on right, step left next to right, step right forward

## LEFT & RIGHT FORWARD SHUFFLES, LEFT ROCK, FULL TURN LEFT TRIPLE

1&2      Step forward on left, step right next to left, step forward on left  
3&4      Step forward on right, step left next to right, step forward on right  
5-6      Rock forward on left, recover on right  
7&8      Step left turning ½ turn left, step right next to left step left turning ½ turn left (stepping forward on left).(turning full turn left on right, left, right)

REPEAT