

# From Zero To Hero

拍数: 32      墙数: 4      级数: Improver  
编舞者: Ralf Stojetz (DE)  
音乐: From Zero to Hero - Sarah Connor



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## STEP CROSS, ¼ TURN RIGHT, COASTER STEP, SHUFFLE FORWARD, HEEL SWITCHES

1-2            Step right across left, make a ¼ turn right and step back on left  
3&4           Step back on right, step left next to right and step forward on right  
5&6           Step forward on left, step right next to left and step forward on left  
7&8           Touch right heel forward, step right next to left and touch left heel forward

## & STEP, ½ BOUNCE TURN LEFT, STEP, ½ TURN LEFT, STEP, ½ TURN LEFT

&9            Step left next to right and step forward on right  
10-12        Make a ½ turn left about 3 counts while bouncing your heels up and down for 3 times  
13-14        Step forward on right, make a ½ turn left  
15-16        Step forward on right, make a ½ turn left

## SHUFFLE SIDE RIGHT, KICK AND TOUCH, SAILOR STEPS

17&18        Step right to right side, step left next to right and step right to right side  
19&20        Kick left forward, step left next to right and touch right to right side  
21&22        Step right behind left, step left to left side and step right to right side  
23&24        Step left behind right, step right to right side and step left to left side

## ½ SWEEP TURN RIGHT, TOUCH TOGETHER, SHUFFLE FORWARD, STEP CROSS, BACK, COASTER STEP

25-26        Make a ½ turn right on left and sweep right around, touch right next to left  
27&28        Step forward on right, step left next to right, step forward on right  
29-30        Step left across right, step back on right  
31&32        Step back on left, step right next to left and step forward on left

## REPEAT

## RESTART

On the 5th wall dance only the counts 1-16. Then start again. On the restart (this is the 6th wall) you're facing 9:00.

## TAG

Only at the end of the 10th wall (you're facing 12:00) add the following steps. Then start again.

## HIP BUMPS

1-2            Step right to right side and bump hips to the right, bump hips to the left  
3-4            Bump hips to the right, bump hips to the left

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