

Like A Hero

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Hero - Charlotte Perrelli : (CD Single "Hero")



(16 Count intro)

Right Forward. 1/2 Turn Right. Right Coaster Step. Left Forward. 1/2 Turn Left. Behind. Side. Cross.

- 1 – 2 Step forward on Right. Turn 1/2 turn Right stepping back on Left.
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right.
- 5 – 6 Step forward on Left. Turn 1/2 turn Left stepping back on Right. (Facing 12 o'clock)
- 7&8 Sweep/Cross Left behind Right. Step Right to Right side. Cross step Left over Right.

Right Side. Together. Right Lock Step Back. Side Rock 1/4 Turn Left. Left Cross Shuffle.

- 1 – 2 Step Right to Right side. Close Left beside Right.
- 3&4 Step back on Right. Lock step Left across Right. Step back on Right.
- 5 – 6 Turn 1/4 turn Left rocking Left out to Left side. Recover weight on Right.
- 7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 9 o'clock)

Monterey 1/2 Turn Right with Holds. & Forward Rock. 2 x 1/2 Turns Right.

- 1 – 2 Point Right toe out to Right side. Hold.
- &3 – 4 Turn 1/2 turn Right stepping Right beside Left. Point Left toe out to Left side. Hold.
- &5 – 6 Step Left beside Right. Rock forward on Right. Rock back on Left.
- 7 – 8 Turn 1/2 turn Right stepping forward on Right. Turn 1/2 turn Right stepping back on Left.

Back Rock. Right Kick-Ball-Step Forward. Forward Rock. Triple Step Full Turn Right.

- 1 – 2 Rock back on Right. Rock forward on Left.
- 3&4 Kick Right forward. Step ball of Right beside Left. Step forward on Left.
- 5 – 6 Rock forward on Right. Rock back on Left.
- 7&8 Right triple step On The Spot turning Full turn Right stepping Right. Left. Right. (Facing 3 o'clock)

Cross. Hold. & Heel Jack 1/4 Turn Left. Hold. Side Rock. Recover with Hitch. Chasse Left.

- 1 – 2 Cross step Left over Right (Body Facing Right Diagonal). Hold.
- &3 – 4 Turn 1/4 turn Left stepping back on Right. Touch Left heel Diagonally forward Left. Hold.
- 5 – 6 Rock Left out to Left side. Recover weight on Right hitching Left knee across Right.
- 7&8 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 12 o'clock)

Back Rock. Right Kick-Ball-Cross. Stomp. Hold. Left Sailor Cross 1/4 Turn Left.

- 1 – 2 Rock back on Right. Rock forward on Left.
- 3&4 Kick Right Diagonally forward Right. Step ball of Right beside Left. Cross step Left over Right.
- 5 – 6 Stomp Right to Right side. Hold.
- 7&8 Cross Left behind Right turning 1/4 turn Left. Step Right beside Left. Cross step Left over Right.

Side Step Right. Drag. Left Kick-Ball-Cross. Side Step Left. Together. Left Shuffle Forward.

- 1 – 2 Long Step Right to Right side (Angle Body Diagonally Left). Drag Left towards and beside Right.
- 3&4 Kick Left Diagonally forward Left. Step ball of Left beside Right. Cross step Right over Left.
- 5 – 6 (Straighten up to 9 o'clock) Step Left to Left side. Close Right beside Left.
- 7&8 Left shuffle forward stepping Left. Right. Left.

Forward Rock. Right Triple Step 3/4 Turn Right. Forward Rock. Left Coaster Step.

- 1 – 2 Rock forward on Right. Rock back on Left.
- 3&4 Right triple step turning 3/4 turn Right stepping Right. Left. Right.
- 5 – 6 Rock forward on Left. Rock back on Right.
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 6 o'clock)

Start Again

Note: A 16 Count Tag is needed at the End of Wall 2 ... and a 4 Count Tag at the End of Wall 4

TAG: 16 Count Tag (12 o'clock): Forward Rock & Heel. Hold. & Forward Rock. Right Shuffle 1/2 Turn Right.

- 1 – 2 Rock forward on Right. Rock back on Left.
- &3 – 4 Step back on Right. Touch Left heel forward. Hold.
- &5 – 6 Step Left back to place. Rock forward on Right. Rock back on Left.
- 7&8 Right shuffle turning 1/2 turn Right stepping Right. Left. Right.
- 9 – 16 Repeat above Counts 1 – 8 on Opposite Foot

TAG: 4 Count Tag (12 o'clock): Step. Pivot 1/2 Turn Left x 2.

- 1 – 4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Pivot 1/2 turn Left.
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