

Like A Hero

拍数: 0 墙数: 0 级数: Phrased Intermediate
编舞者: Heidi Poulsen (SWE) & Annika Adolfsson (SWE) - May 2008
音乐: Hero - Charlotte Perrelli : (CD: Melodifestivalen 08, Live Version)



Sequence: Intro, A(&), ABB, Tag 1, ABB, B, Tag 2, BBB, Ending

INTRO: Stand with right across left, facing 6:00

HOLD

1-2 Unwind ½ turn to left
3-8 Hold

PART A

PRISSY WALK TWICE, WALK RIGHT, LEFT, RIGHT, TOUCH

1-2 Step right forward across left angling body to left corner, hold
3-4 Step left forward across right angling body to right corner, hold
5-6 Walk forward right, walk forward left
7-8 Walk forward right, touch left toe to left

WEAVE, TOUCH, WEAVE, TOUCH

1-2 Step left across right, step right to right
3-4 Cross left behind right, touch right toe to right
5-6 Step right across left, step left to left
7-8 Cross right behind left, touch left toe to left

¼ COASTER TURN, STEP TURN WITH HIP BUMP, HIP BUMP TWICE

1-2 Turn ¼ left stepping left behind right, step right beside left
3-4 Step forward on left, hold
5-6 Step right forward, turn ¼ left with a hip bump to right
7-8 Left hip bump twice

HIP BUMPS, TOUCH, HOLD, TOUCH, HOLD

1&2 Step right forward bumping hips right, left, right
3&4 Step left forward bumping hips left, right, left
5-6 Touch right toe to right, hold
&7-8 Step right beside left, touch left toe to left, hold

Do this next '&' count only the first time through Part A, as you prepare to dance Part A again

& Step left beside right

PART B

KICK TWICE, CROSS SHUFFLE, HEEL, TOE, KICK TWICE

1-2 Kick left to left diagonal twice
3&4 Cross left over right, step right to right side, cross left over right
5&6& Touch right heel forward, step right beside left, touch left toe behind right, step left beside right
7-8 Kick right to right diagonal twice

BEHIND, SIDE, CROSS, TOUCH, KICK, CROSS, UNWIND, KNEE BEND

1&2 Step right behind left, step left to left side, cross right over left
3-4 Touch left beside right, kick left to left diagonal
5-6 Cross left over right, unwind ½ turn right
7-8 Bend knees and dip down, straighten up taking weight on left

LOCK STEP, FULL TURN, KICK BALL TOUCH TWICE

- 1&2 Step forward on right, lock left behind right, step forward on right
- 3-4 ½ turn right stepping back on left, ½ turn right stepping forward on right
- 5&6 Kick left forward, step left beside right, touch right beside left
- 7&8 Kick right forward, step right beside left, touch left beside right

SHUFFLE BACK, COASTER STEP, SKATE, SKATE, SWAY, SWAY

- 1&2 Step back on left, step right beside left, step back on left
- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Skate left forward, skate right forward
- 7-8 Sway hips to left, sway hips to right

PART MINI B

- 1-16 Dance only the first 16 counts of Part B

Your weight ends on right in the knee bend in this part

TAG 1

GRAPEVINE, TOUCH, GRAPEVINE, TOUCH

- 1-2 Step left to left, step right behind left
- 3-4 Step left to left, touch right beside left
- 5-6 Step right to right, step left behind right
- 7-8 Step right to right, touch left beside right

V-STEPS TWICE

- 1-2 Step left to left diagonal, step right to right diagonal
- 3-4 Step left back to center, touch right beside left
- 5-6 Step right to right diagonal, step left to left diagonal
- 7-8 Step right back to center, step left beside right

TAG 2

ROLL HEAD, HIP, ARM MOVES

Roll your head to the right when the music says "Vroooooom" (4 counts)

When Charlotte sings "star", pop right knee and put your right hand on right hip/leg

When she sings "hero" straighten up and touch your right arm in the air to right diagonal, then quick touch down to left diagonal and then quick touch down to right diagonal. The arm moves goes very fast, you will hear the drums

ENDING

JAZZ BOX WITH KICK TWICE, CROSS, UNWIND, STEP, ARM IN THE AIR

- 1-2 Cross left over right, step right back
- 3-4 Step left to left side, kick right to right diagonal
- 5-6 Cross right over left, step left back
- 7-8 Step right to right side, kick left to left diagonal

- 1-2 Cross left over right, unwind ½ turn right
- 3 Step right to right side
- 4-5 Swing your right arm backwards and up in the air (like a "grand finale")

Thanks to Andrea for helping us with the final touch with this dance! We had so much fun doing this dance together!
