

Hero

拍数: 32 墙数: 4 级数: Improver
编舞者: Linda Sansoucy (CAN) - February 2009
音乐: Holdin' Out for a Hero - Wenche



Intro : 24 counts

[1-8] Step ¼ Turn Right, Hold & Clap, Step Back ½ Turn Right, Hold & Clap, Coaster Step, Scuff

1-2 Step right ¼ turn right, Hold & Clap 3 :00
3-4 Step left back ½ turn right (weight ends up on left), Hold & Clap 9 :00
5-6-7 Step right back, Step left together, Step right forward
8 Scuff left

[9-16] Lock Step Forward, Hold, Step Forward, Pivot ¼ Turn Left, Stomp, Hold

1-2-3 Step left forward, Lock right behind left, Step left forward
4 Hold
5-6 Step right forward, Turn ¼ left 6 :00
7 Stomp right next to left
8 Hold

[17-24] Heel & Toe Swivels Left, Heel Swivel ¼ Turn Right, Hold, Toe Struts Back (twice)

1-2 Swivel heels to the left, Swivel toes to the left
3-4 Swivel heels ¼ turn right, Hold 9 :00
5-6 Touch right toe back, Step down on right
7-8 Touch left toe back, Step down on left

[25-32] Coaster Step, Scuff, Lock Step Forward, Hold

1-2-3 Step right back, Step left together, Step right forward
4 Left Scuff
5-6-7 Step left forward, Lock right behind left, Step left forward
8 Hold

Repeat!!

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