

Heroes

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Lam Lam (HK) - February 2015
音樂: Heroes - Conchita Wurst



Intro : 4 counts

*16 counts Tag to be added at the end of Walls 1 & 3

Ending : On wall 7, end at count 8, make a 3/4 triple turn L (7&8).

(1-9) Side, behind & 1/4L, lunge fwd, back coaster, spiral full turn L, shuffle fwd, 1/4L side rock

1 2&3 Step L to side(1), step R behind L(2), 1/4L step L fwd(&), lunge fwd R(3)
4&5 6 Recover on L(4), step R beside L(&), step L fwd(5), step R fwd full spiral turn L(6)
7&8&1 step L fwd(7), step R beside L(&), step L fwd(8), 1/4L rock R to side(&), recover on L(1) 6:00

(10-16) Cross, 1/4R, 1/2R, 1/4R scissor cross, sway R,L, sailor 1/2R cross

2&3& Cross R over L(2), 1/4R step back on L(&), 1/2R step R fwd(3), 1/4R step
4&5 6 L to side(&), step R close to L(4), cross L over R(&), sway R to R side(5), sway L to L side((6)
7&8 Cross R behind L(7), make 1/2R step on L(&), cross R over L(8) 12:00

(17-25) L Nightclub, 1/4L, 1/4L, cross, L nightclub, 1/4R, pivot 3/4R, side

1 2& Step L to side(1), step R close to L(2), cross L over R(&)
3 4&5 1/4L step back on R(3), 1/4L step L to side(4), cross R over L(&), step L to side(5)
6&7 8&1 Step R close L(6), cross L over R(&), 1/4R step R fwd(7), step L fwd(8), pivot 3/4R(&), step L
to side(1) 6:00

(26-32) 1/4L Sailor fwd, pivot 1/2R, 1/2R, back, 1/2L, fwd, pivot 3/4R

2&3 4&5 Step R behind L(2), 1/4L step L fwd(&), step R fwd(3), step L fwd(4), pivot 1/2R(&), 1/2R step
back on L(5),
6&7 8& Step back on R(6), 1/2L step L fwd(&), step R fwd(7), step L fwd(8), pivot 3/4R(7) 6:00

***Tag: 16 counts – End of Walls 1 and 3**

Side, back rock, 1/4L, 1/4L, weave with sweep, behind, side, cross, recover & cross, recover 1/2R, full turn R, cross rock 1/2L, cross, back, back, cross rock

1 2&3&4&5 Step L to side(1), rock back on R(2), recover on L(&), 1/4L step back on R(3), 1/4L step L to
side(&), cross R over L(4), step L to side(&), step R behind L sweeping L to side(5)
6&7 8&1 Step L behind R(6), step R to side(&), cross rock L over R(7), recover back on R(8), step L to
side(&), cross R over L(1)
2&3&4&5 Recover back on L(2), 1/2R step fwd on R(&), 1/2R step back on L(3), 1/2R step R fwd(&),
cross rock L over R(4), recover back on R(&). 1/2L step L fwd(5)
6&7 8& Cross R over L(6), step back on L(&), step back on R(7), cross rock L over R(8), recover on
R(&)

Contact: zoom2607@yahoo.com.hk