

Heroes

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Michael Odgaard & Mariann Odgaard - May 2015
音樂: Heroes - Måns Zelmerlöw : (Winner, Eurovision 2015)



Start dancing on vocal; "tell" (4 counts intro)

S1: Walk, walk, shuffle forward, rock, recover, shuffle ½ turn

1-2 Walk forward R, L
3&4 Shuffle forward, R, L, R
5-6 Rock L forward, recover on R
7&8 Turn 1/4 stepping L foot left, step R next to L, turn 1/4 stepping forward on left (6 o'clock)

S2: Full turn left, Shuffle forward, turn 1/4 right, cross, hold

1-2 Full turn forward turning over left shoulder: R, L
3&4 Shuffle forward R, L, R
5-6 Step L forward, turn 1/4 right stepping R to right (9 o'clock)
7-8 Cross L over R, hold.

S3: Step right, cross, side, sailor and heel, x2

&1-2 Step R to right, cross L over R, step R to right
3&4 Cross L behind R, step R to right, place L heel forward
&5-6 Step L next to right, cross R over R, step L to left
7&8 Cross R behind L, step L to left, place R heel forward

S4: Together, walk hold, walk, hold, Rock, recover, shuffle ½ turn

&1-2 Place R next to L, step L forward, hold
3-4 Step R forward, hold
5-6 Rock L forward, recover on R
7&8 Turn 1/4 stepping L foot left, step R next to L, turn 1/4 stepping forward on left (3 o'clock)

(Restart at wall 4, Replace the "shuffle ½ turn" with a "shuffle 1/4 turn L" (7&8), Restart facing 12 O'clock)

S5: Walk, hold, walk, hold, rock, recover, tripple full turn right

1-2 Step R forward, hold
2-4 Step L forward, hold
3-4 Rock R forward, recover on L
7&8 Tripple full turn, turning over right shoulder; R, L, R (option; Coasterstep)

S6: Side, behind, side, cross, side, back rock, recover, kick ball cross

1-2&3 Step L to left, cross R behind L, step L to left, cross R over L
4-5-6 Step L to left side, rock R back, recover on L
7&8 Kick R foot diagonal forward, place R next to L, cross L over R

S7: Kick ball cross, side, hold, 1/4 turn, full turn, cross

1&2 Kick R foot diagonal forward, place R next to L, cross L over R
3-4 Step R to right side, hold
&5 Step L next to R, turn 1/4 right stepping forward on R
6-7-8 Full turn right; L, R, cross L over R (6 o'clock)

S8: Side, hold, side touch, side hold, side touch

1-2 Step R to right, hold
&3-4 Step L next to R, Step R to right, touch L next to R
5-6 Step L to left, hold

&7-8 Step R next to L, Step L to left, touch R next to L

Tags 1 & 2 after wall 1 & 3 (facing 6 o'clock)

1-4 Step R to right, at the same time sway right hip to right, hold, sway left hip to left, hold

5-8 Walk full circle, turning over right shoulder R, L, R, L

Tag 3: after wall 5 (facing 6 o'clock)

1-4 Step R to right, at the same time sway right hip to right, hold, sway left hip to left, hold

Restart; wall 4 after section 4 (32 counts)

Have fun dancing.....

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