

My Heroes

COPPER KNOB
BYEPOSTETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Cheryl Hosking (AUS) - August 2015
音樂: My Heroes Have Always Been Cowboys - Waylon Jennings : (Album: Legendary
Waylon Jennings)



Start Position: Feet together - with weight on L foot.
Starts on vocals – 12 counts in.

S1: FORWARD, BACK, TOGETHER, FORWARD, BACK, BACK.

1,2,3 Step/rock R forward (bending knees slightly), rock/replace weight back on L, step R beside L,
4,5,6 Step/rock L forward (bending knees slightly), rock/replace weight back on R, step L back,

S2: WALTZ COASTER STEP, FORWARD CROSS UNWIND 270° L.

1,2,3 R backward coaster step waltz - step R back, step L beside R, step R forward,
4,5,6 Step L forward, cross R over L, unwind/turn 270 degrees (3/4 turn) L - weight on L, (3:00 wall)

S3: SIDE, CROSS, REPLACE, SIDE, CROSS, REPLACE.

1,2,3 Step R to R side, step/cross L over R, rock/replace weight back on R,
4,5,6 Step L to L side, step/cross R over L, rock/replace weight back on L,

S4: 450° TURN R, PADDLE TURN CROSS.

1,2,3 Travelling R turning 450 degrees (1¼ turns) R - stepping R, L, R,
4,5,6 Paddle turn cross - step L forward, pivot 90 degrees R- weight on R, step L over R, (9:00 wall)

S5: ROCK R, ROCK L, STEP R OVER L, BASIC WALTZ L.

1,2,3 Step/rock R to R side, rock/replace weight onto L, step L over R,
4,5,6 Basic waltz L - stepping L, R, L,

S6: WALTZ FORWARD, BACK, TOUCH BACK, UNWIND 180°.

1,2,3 Basic waltz forward - stepping R, L, R,
4,5,6 Step L back, touch R toe back, unwind/pivot 180 degrees R - weight on L, □□ (3:00 wall)

S7: BACK, TOUCH BACK, UNWIND 180°, BACKWARD WALTZ COASTER STEP.

1,2,3 Step R back, touch L toe back, unwind/pivot 180 degrees L - weight on R, □□ (9:00 wall)
4,5,6 L backward coaster step waltz - step L back, step R beside L, step L forward,

S8: FORWARD, SWEEP, TOUCH IN FRONT, FORWARD, TURN 90° L, SWEEP TO SIDE.

1,2,3 Step R forward, sweep L out and around to touch in front of R (2 counts),
4,5,6 Step forward onto L, turning 90 degrees L on L - sweep R toe to R side (2 counts).□ (6:00 wall)

[48] REPEAT DANCE IN NEW DIRECTION

Tag: At the end of wall 3 - facing the back wall - dance the following 6 counts then Restart the dance from the beginning:

1,2,3 Basic waltz forward - stepping R, L, R,
4,5,6 Basic waltz back - stepping L, R, L,

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