

Zero to Hero

COPPERKNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - June 2016
音樂: From Zero to Hero (Single Version) - Sarah Connor : (Album: Naughty But Nice)



#16 Count Intro from Heavy Beat. Start on the word 'Baby'. Approx 17 secs - approx 3 mins 47 secs. BPM 120.

Track available from [iTunes.co.uk](https://www.apple.com/itunes)

S1: Side Sailor Side, Behind Side, Rock Recover, ½ Turn Point.

1,2&3 Step R to R side, cross step L behind R, step R to R side, step L to L side.
4& Cross step R behind L, step L to L side.
5,6 Rock R to R side, recover weight to L (use the recover as a prep to turn R).
7,8 Step down on R making a ½ turn R, point L to L side. □ (6 o'clock).

S2: Ball, Scissor Cross, Full Turn R, Drag Ball Cross.

&1,2,3 Step L beside R, step R to R side, step L beside R, cross R over L.
4-6 Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R, make a ¼ turn R stepping L to L side.
7&8 Drag R to beside L, step R beside L, cross L over R. (6 o'clock).

*Restart During Wall 3 - Begin again facing 6 o'clock □ □ □

S3: ¾ Turn R, Coaster Step, Step L, Reverse ½ Turn L, Touch Back, Unwind ½ Turn L,

1,2 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L.
3&4 Step back on R, close L beside R, step forward on R.
5,6 Step forward on L, make a reverse ½ turn L stepping back on R.
7,8 Touch L toe back, unwind a ½ turn L (weight forward on L). (3 o'clock).

S4: Kick Forward, Step Back, Touch Back, Kick Forward, Touch, ¼ Turn L, Drag Ball Cross.

1,2 Kick R forward, step back on R.
3,4 Touch L toe back, kick L forward.
5,6 Touch L toe back, make a ¼ turn L (weight on L).
7&8 Drag R to beside L, step R beside L, cross L over R. (12 o'clock).

S5: Hip Bumps R,L, Cross ¼ Turn R, Side Shuffle.

1&2 Step R to R side bumping hips R, L, R.
3&4 Step L to L side bumping hips L, R, L.
**Restart During Wall 6 - Begin again facing 6 o'clock.
5,6 Cross R over L, make a ¼ turn R stepping back on L.
7&8 Step R to R side, close L beside R, step R to R side. (3 o'clock).

S6: Cross ¼ Turn L, Shuffle ¼ Turn L, Cross Diagonal Hitch, Behind Side.

1,2 Cross L over R, make a ¼ turn L stepping back on R.
3&4 Make a ¼ turn L stepping L to L side, close R beside L, step L to L side.
5,6 Cross R over L, hitch L to L diagonal.
7,8 Cross step L behind R, step R to R side. □ (9 o'clock).

S7: Cross Hold, Ball Cross ¼ Turn R, Step ½ Turn R, Shuffle Forward.

1,2 Cross L over R, hold count 2.
&3,4 Step R to R side, cross L over R, make a ¼ turn R stepping forward on R.
5,6 Step forward on L, make a ½ turn R.
7&8 Shuffle forward stepping L, R, L. □ (6 o'clock).

S8: R Kick & Point, L Kick & Point, R Jazzbox.

1&2 Kick R forward, step R beside L, point L to L side.

3&4 Kick L forward, step L beside R, point R to R side.

5-8 Cross R over L, step back on L, step R to R side, cross L over R. (6 o'clock).

***Restart during wall 3 - dance up to and including count 16 - begin again facing 6 o'clock wall.**

****Restart during wall 6 - dance up to and including count 36 - begin again facing 6 o'clock wall.**

Optional Ending; You will be facing the front wall having danced to count 32, step R to R side and place both hands on your Heart.

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