

# Heroes And Friends

COPPER KNOB  
STEPPERS

拍數: 60      牆數: 2      級數: Intermediate waltz  
編舞者: Jennifer Hughes (AUS) - February 2018  
音樂: Heroes and Friends (Remix) - Randy Travis : (Album: I Told You So - Ultimate Hits - iTunes - 3:12)



Dance Starts: 12 Count Intro, Start On Vocals - VERSION: 1.0

## [1 – 12] FWD WALTZ, BACK WALTZ, FWD, ¼, SWEEP, ACROSS WALTZ

1, 2, 3      Waltz fwd Stepping L fwd, Step R beside L, Step L beside R  
4, 5, 6      Waltz back Stepping R back, Step L beside R, Step R beside L - 12.00

1, 2, 3      Step fwd on L, Turn 1/4L on ball of L Sweeping R toe to R, Hold  
4, 5, 6      Cross Waltz Stepping R over L, Step L beside R, Step R beside L - 9.00

## [13 – 24] STEP FWD, TOUCH, HOLD, BACK WALTZ, STEP FWD, STEP FWD, ¼ TURN, STEP ACROSS, STEP SIDE, STEP BEHIND

1, 2, 3      Step L fwd, Touch R toe beside L, Hold  
4, 5, 6      Waltz back Stepping R back, Step L beside R, Step R beside L

1, 2, 3      Step L fwd, Step R fwd, Pivot Turn 1/4 L Stepping on L  
4, 5, 6      Cross Step R over L, Step L to L side, Step R behind L - 6.00

## [25 – 36] STEP SIDE, DRAG, TOUCH, FULL TURN R, ACROSS WALTZ, CROSS STEP, HOLD

1, 2, 3      Step L to L, Drag R toe to L (wt. on L), Hold  
4, 5, 6      Turning ¼ R Step fwd on R, Turning ½ R Step back on L, Turning 1/4 R Step R to R - 6.00

1, 2, 3      Cross Waltz Stepping L over R, Step R beside L, Step L beside R  
4, 5, 6      Cross/Step R over L (facing 4.30), Hold, Hold - 6.00

## [37 – 48] WALTZ BACK, STEP ACROSS, ¼ TURN, STEP BESIDE, STEP FWD, STEP FWD, PIVOT 1/2 TURN

1, 2, 3      Waltz back Stepping L back, Step R beside L, Step L beside R  
4, 5, 6      Cross/Step R over L, Turn ¼ R Step L beside R, Step R beside L - 3.00

1, 2, 3      Step fwd L, Step fwd R, Pivot Turn ½ L Step fwd L - 9.00  
4, 5, 6      Step fwd R, Step fwd L, Pivot Turn ¼ R Step on R - 6.00

## [49 – 60] FWD ½ TURN WALTZ, BACK WALTZ, FWD ½ TURN WALTZ, BACK WALTZ

1, 2, 3      Waltz fwd Stepping L fwd, Turning ½ L Step R beside L, Step L beside R  
4, 5, 6      Waltz back Stepping R back, Step L beside R, Step R beside L - 12:00

(\* Restart here on Wall 4)

1, 2, 3      Waltz fwd Stepping L fwd, Turning ½ L Step R beside L, Step L beside R  
4, 5, 6      Waltz back Stepping R back, Step L beside R, Step R beside L 6.00

End of Sequence

Restart: Occurs on Wall 4 after 54 counts (\*) facing back.

Finish: You may like to finish around the 2min 25s mark, but I like to keep dancing to the instrumental at the end of the song. As the music fades dance to count 36 on Wall 6.

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