

I Need A Hero

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Steve Rutter (UK) & Claire Rutter (UK) - February 2019
音樂: Holding Out For a Hero (Glee Cast Version) - Glee Cast : (Album: The Music Season 4, Volume 1)



(64 Count Intro' -)

Section 1 – Walk Forward, Right Shuffle, Rocking Chair.

1-2 Step right forward, step left forward.
3&4 Step right forward, close left beside right, step right forward.
5-6 Rock forward on left, recover weight onto right.
7-8 Rock back on left, recover weight onto right. (12 o'clock)

Section 2- Forward Rock, Coaster Step, Pivot ½ Turn Left, Walk Forward.

1-2 Rock forward on left, recover weight onto right.
3&4 Step back on left, close right beside left, step forward on left.
5-6 Step forward on right, pivot a half turn left.
7-8 Step forward on right, step forward on left. (6 o'clock)

Section 3- Step forward, Toe Tap, Step Back, ½ Turn Right, Step Forward, Toe Tap, Step Back, ¼ Turn Left.

1-2 Step forward on right, tap left toe behind right.
3-4 Step back on left, make a half turn right stepping right forward.
5-6 Step forward on left, tap right toe behind left.
7-8 Step back on right, make a quarter turn left stepping left to left side.

Section 4- Step Forward, Toe Tap, Step Back, Full Turn Right, Step Back, Left Shuffle Back.

1-2 Step forward on right, tap left toe behind right.
3-4 Step back on left, make a half turn right stepping forward onto right.
5-6 Make a half turn right stepping back on left, step back on right.
7&8 Step back on left, close right beside left, step back on left.

Section 5- Back Rock, Walk Forward, Weave, Toe Touch.

1-2 Rock back on right, recover weight onto left.
3-4 Step forward on right, step forward on left.

Restart: Restart dance here on wall 4 (facing 12 o'clock).

5-6 Cross right over left, step left to left side.
7-8 Cross right behind left, touch left toe to left side.

Section 6- Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right.

1-2 Cross left over right, step right to right side.
3-4 cross left behind right, touch right toe to right side.
5-6 Cross right over left, make a quarter turn right stepping back on left.
7&8 Make a half turn right stepping right, left, right.

Section 7- Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse.

1-2 Step left to left side, Hold.
3&4 Make a quarter turn left stepping right to right side, close left beside right, step right to right side.
5-6 Make a quarter turn left stepping left to left side, Hold.
7&8 Make a quarter turn left stepping right to right side, close left beside right, step right to right side.

Option: The Right Chasse's can be just replaced with - (Step right to right side, Hold) if the dancer wishes to

do so.

Section 8- Cross Rock, Left Chasse, Jazz Box.

- 1-2 Cross Rock left over right, recover weight onto right.
- 3&4 Step left to left side, close right beside right, step left to left side.
- 5-6 Cross right over left, step back on left.
- 7-8 Step right to right side, step left forward.

Tags: At the end of wall 5 (Facing 9 o'clock) and wall 7 (Facing 3 o'clock) there is a 4 count tag, which is just to repeat the last 4 counts of the dance (Jazz Box), so this will mean you'll do two Jazz Boxes consecutively on those 2 occasions.

Ending: When The Music Approaches the end you will have danced 36 counts of the dance (up to back rock, walk forward – Sec 5), so then cross right over left, make a quarter turn right stepping back on left and then step right to right side for a big finish!!

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