

# My Own Hero

COPPER KNOB  
BY STEPHEN

拍數: 16      牆數: 4      級數: Improver - Rolling 8 Count  
編舞者: Christina Yang (KOR) - July 2019  
音樂: My Own Hero - Andy Grammer



**\*\* I made this work was inspired by dance of Min Line dance who one of the most famous line dance performance group in Korea \*\***

Start the dance on lyrics "Life"

**SECTION 1: 3 STEPS RUNNING TO FORWARD, 3 STEPS RUNNING TO BACKWARD, LONG STEP TO BACK, COASTER, FORWARD, 1/2 TURN TO L WITH CHASE TURN, 1/4 TURN TO R WITH SIDE, 1/2 TURN TO R WITH SWEEP, SAILOR STEP**

1&a      LF forward, RF forward, LF forward  
2&a      RF backward, LF backward, RF backward  
3      LF long step to backward  
4&a      RF backward, LF closed RF, RF forward  
5      LF forward  
6&a      RF forward rock, 1/2 turn to L with LF recover, RF forward  
7      1/4 turn to R with LF side and 1/2 turn to R with RF sweep from front to back  
8&a      RF cross behind LF, LF closed RF, RF forward

**SECTION 2: CROSS, 1/8 TURN TO L WITH HITCH, CROSS, 1/8 TURN TO R WITH HITCH, FORWARD ROCK, RECOVER, 1/2 TURN TO L WITH FORWARD, FORWARD, FORWARD AND 1/2 TURN TO R, FORWARD, 1/2 TURN TO R WITH PIVOT, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE**

1&a      LF cross over RF, 1/8 turn to L while RF hitch(&a)  
2&a      RF cross over LF, 1/8 turn to R while LF hitch(&a)  
3      LF forward rock  
4&a      RF recover, 1/2 turn to L with LF forward, RF forward  
5      LF forward and 1/2 turn to R(weight on LF)  
6&a      RF forward, LF forward, weight change to RF while 1/2 turn to R  
7&a      LF cross rock, RF recover, LF side  
8&a      RF cross rock, LF recover, RF side

**NO TAG, NO RESTART**

chrisjj0681@yahoo.com  
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