

My Own Hero

COPPER KNOB
BY STEPHEN

拍數: 16
編舞者: Heejin Kim (KOR) - July 2019
音樂: My Own Hero - Andy Grammer

牆數: 4

級數: Intermediate Rolling 8-Count



[1~8] Forward Rock, Backwards, Side Rock, Behind, Hitch full turn R, Back Sweep X2, Side Rock

1 2&a LF Step forward, RF Recover, LF Step backward, RF Step backward
3 4&a LF Step side, LF Hold, RF Recover, LF Step behind
5 6 RF Full Turn R Step side with LF Hitch, LF Step back with RF Sweep
7 8&a RF Step back with LF Sweep, LF Step behind, RF Step side, LF Recover

[9~16] Forward Step Sweep, 1/4 Sweep, Sweep, Side Rock, Cross Reverse 3/4 Turn R, full Turn R, Forward Rock, Recover, 1/4 Turn L Side, 1/4 Turn L Step

1 2 3 RF Step forward with LF Sweep, LF 1/4 Turn L Step forward with RF Sweep, RF Step forward with LF Sweep
4&a LF Cross, RF 1/4 Turn L Step side, LF Recover
5& RF Cross, LF 1/4 Turn R Step back
6&a RF 1/2 Turn R Step forward, LF 1/2 Turn R Step Back, RF 1/2 Turn R Step forward
7 8&a LF Step forward, RF Recover, LF 1/4 Turn L Step side, RF 1/4 Turn L Step forward
