

A Hero For Bonnie

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Newcomer
編舞者: Chatti the Valley (ES) - January 2020
音樂: Holding Out for a Hero - Bonnie Tyler



Intro: Pre (12) 32+32 Bpm: 148

[1-8]: Right GRAPEVINE Cross, Right CHASSE, Left back ROCK STEP.

- 1 Step right to right side
- 2 Step left behind right foot
- 3 Step right to right side
- 4 Cross left over right
- 5 Step right to right side
- & Step left beside right foot
- 6 Step right to right side
- 7 Step left behind right foot
- 8 Recover weight on right

[9-16]: Left GRAPEVINE Cross, left CHASSE, right Back ROCK STEP.

- 1 Step left to left side
- 2 Step right behind left foot
- 3 Step left to left side
- 4 Cross right over left
- 5 Step left to left side
- & Step right beside left foot
- 6 Step left to left side
- 7 Step right behind left foot
- 8 Recover weight on left

[17-24]: Right OUT-OUT, IN-IN "V" STEPS ¼ TURN X 2

- 1 Step right forward diagonal right
- 2 Step left forward diagonal left
- 3 ¼ turn right, step right back to centre (3:00)
- 4 Step left back beside right foot
- 5 Step right forward diagonal right
- 6 Step left forward diagonal left
- 7 ¼ turn right, step right back to centre (6:00)
- 8 Step left back beside right foot

[25-32]: Right OUT-OUT, IN-IN, JAZZ BOX.

- 1 Step right forward diagonal right
- 2 Step left forward diagonal left
- 3 Step right back to centre
- 4 Step left back beside right foot
- 5 Cross right over left
- 6 Step left back
- 7 Step right to right side
- 8 Cross left over right

[33-40]: Right CHASSE, ¼ TURN Left CHASSE, ¼ TURN Right CHASSE, ¼ TURN Right CHASSE.

- 1 Step right to right side
- & Step left beside right foot

- 2 Step right to right side
- 3 ¼ turn left, step left to left side (3:00)
- & Step right beside left foot
- 4 Step left to left side
- 5 ¼ turn left, step right to right side (12:00)
- & Step left beside right foot
- 6 Step right to right
- 7 ¼ turn left, step left to left side (9:00)
- & Step right
- 8 Step left to left side

[41-48]: Right SIDE, TOUCH, ¼ TURN Left SIDE, TOUCH, Right ROCKING CHAIR.

- 1 Step right to right side
- 2 Touch left beside right foot
- 3 ¼ turn left, step left forward (6:00)
- 4 Touch right beside left foot
- 5 Step right forward
- 6 Recover weight on left foot
- 7 Step right back
- 8 Recover weight on left foot

[49-56]: Right LONG SIDE, SHIMMY, TOGETHER X 2.

- 1 Long step right to right side
- 2-3 Shake your shoulders
- 4 Step left beside right foot
- 5 Long step right to right side
- 6-7 Shake your shoulders
- 8 Step left beside right foot

[57-64]: Left ROLLING GRAPEVINE, Right JAZZ BOX.

- 1 ¼ turn left, step left forward
- 2 ½ turn left, step right back
- 3 ¼ turn left, step left to left side (6:00)
- 4 Scuff right beside left foot
- 5 Cross right over left
- 6 Step left back
- 7 Step right to right side
- 8 Cross left over right

START AGAIN

RESTARTS: During walls 3 and 6 (Third and Sixth), dance until counts 32 and 16 respectively.

TAG: At the end of 4 and 5 walls (Fourth and Fifth), repeat the Right JAZZ BOX.
