

Heroes

拍數: 32 牆數: 4 級數: Improver
編舞者: Sue Marshall (UK) - 7 July 2020
音樂: Heroes - David Bowie & Stevie Ray Vaughan



Start on vocals about 40 seconds in, after intro.

SECTION 1. WALK FORWARD R, L, KICK-BALL-CHANGE, STEP R DIAGONALLY RIGHT, HEEL-TOE-HEEL,

1, 2 Walk forward on Right then Left
3&4 Kick R foot forward, quickly step down on R, move weight onto L
5, Step R diagonally forward to right
6, 7, 8 Walk Heel-Toe-Heel moving L foot up beside R

SECTION 2. WALK FORWARD L, R, KICK-BALL-CHANGE, STEP L DIAGONALLY LEFT, HEEL-TOE-HEEL,

1, 2 Walk forward on Left then Right
3&4 Kick L foot forward, quickly step down on L, move weight onto R
5 Step L diagonally forward to left
6, 7, 8 Walk Heel-Toe-Heel moving R foot up beside L

SECTION 3. CHASSE RIGHT, ROCK BACK, RECOVER, VINE LEFT WITH QUARTER TURN LEFT

1&2 Step R to right side, quickly bring L beside R, step R to right side
3, 4 Rock back on L, recover onto R
5, 6, 7, 8 Step L to left side, step R behind L, step L ¼ turn left, HOLD

SECTION 4. 2 x VAUDEVILLE STEPS, VEE STEP, 2 X HEEL BOUNCES

1&2 Step R across front of L, quickly step down on L, dig R heel forward
& Quickly step down on R
3&4 Step L across front of R, quickly step down on R, dig L heel forward
& Quickly step down on L
5 Step R forward to right diagonal
& Step L forward to left diagonal
6 Bring R foot back to place
& Bring L foot back beside R
7, 8 Bounce both heels twice

START AGAIN AND ENJOY!!