

Hero

拍數: 64 牆數: 4 級數: Phrased Intermediate NC2S
編舞者: Sunny Jeong (KOR) - November 2020
音樂: HERO - Lim Young Woong (임영웅)



Intro; 16 Count

Sequence; A, B(24C), A, B, A, Tag10C, B, A (16C-Ending)

(A part)

[Sec.1]ROCK BACK ON LEFT LOOKING BACK, RECOVER WITH LOOKING FORWARD, CROSS, NC2 BASIC, SYNCOPATED WEAVE, NC2 BASIC

1,2& LF rock side with looking back over left shoulder, RF recover with looking forward, LF cross over RF
34& RF big step side, LF rock back, RF recover
5&6& LF step side, RF cross behind LF, LF step side, RF cross over LF
7&8 LF big step side, RF rock back, LF recover (12:00)

[Sec. 2]½L BACKWARD WITH SWEEPING, BEHIND, SIDE, FORWARD WITH SWEEPING, CROSS, SIDE, ROCK BACK RECOVER, SIDE WITH BODY ROLLING, RECOVER

1,2& RF ½L backward with LF sweeping from front to front back, LF cross behind RF, RF step side (6:00)
34& LF step forward with RF sweeping from back to front, RF cross over LF, RF step side
5,6 RF rock back, LF recover
7,8 RF step side with Body rolling, LF recover (6:00)

[Sec. 3]SAIRLOR, ¼L SAIRLOR, ½L CUVE WEAVE STEP, POINT TOGETHER

1&2& RF cross behind LF, LF step side, RF step side, LF turn ¼L crossing behind RF (3:00)
34& RF step side, LF small step forward, RF small step forward
5&6& LF turn ½L crossing over RF, RF step side, LF turn ¼L crossing behind RF, RF step side(12:00)
7&8& LF turn ¼L crossing over RF, RF step side, LF turn ¼L crossing behind RF, RF point together (9:00)

[Sec. 4](KICK BALL FORWARD)2×, ROCK BACK, RECOVER, BIG SIDE, DRAG

1,2& RF kick forward, RF together ball, LF step forward
3,4& RF kick forward, RF together ball, LF step forward
5,6& RF rock forward, LF recover, RF step together
78 LF step big side, RF drag toward LF(9:00)

(B part)

[Sec.1]RIGHT ROLLING TURN, LEFT ROLLING TURN, ¾R VOLTA TURN

12& RF turn ¼R stepping forward, LF turn ½R stepping backward, RF turn ¼R stepping side
34& LF turn ¼L stepping forward, RF turn ½L stepping backward, LF turn ¼L stepping side (9:00)
5&6& RF turn ¼R stepping forward(10:30), LF step together, RF turn ¼R stepping forward, LF step together (12:00)
7&8 RF turn ¼R stepping forward, LF step together, RF step forward (1:30)

[Sec.2]FORWARD, PIVOT ½R TURN RIGHT, FORWARD , FORWARD, PIVOT ½L TURN LEFT, FORWARD, SYNCOPATED ROCKING CHAIR, ¼L ROCK FORWARD, RECOVER, TOGETHER

1,2& LF step forward, RF pivot ½ turn L, LF step forward(7:30)
3,4& RF step forward, LF pivot ½ turn L, RF step forward(1:30)
5&6& LF rock forward, RF recover, LF rock back, RF recover
7,8& LF ¼L rock forward, RF recover, LF step together (12:00)

[Sec. 3]NC2 BASIC R/L, ¼L NC2 BASIC, SIDE WITH SWAY, SWAY

1,2& RF big step side, LF rock back, RF recover
3,4& LF big step side, RF rock back, LF recover
5,6& RF turn ¼L big stepping side, LF rock back, RF recover(9:00)
7,8 LF step side with RF sway, RF sway

[Sec. 4]ROCK BACK, RECOVER, SIDE, R/L, SIDE WITH SWAY, SWAY L/R

1,2& LF rock back, RF recover, LF step side
3,4& RF rock back, LF recover, RF turn ¼L stepping side
5,6& LF rock back, RF recover, LF step side
7&8 RF sway, LF sway, RF sway(6:00)

[Tag 10C]

(Sec. 1)

1-4 ; RF step side with sway hold, LF sway hold
5-8 ;RF sway hold, LF sway hold

(Sec. 2)

1 2 ;RF step side with drag, LF step side with drag

Have nice dance

Last Update - 5th Dec. 2020
