

Holding Out For A Hero (Shrek2)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: JMP (KOR) - April 2021
音樂: Holding Out for a Hero - Caleb Hyles : (Bonnie Tyler Cover)



Start : 8 count (As soon as the beat started to accelerate)

Tag : After wall 5 (9:00), wall 7 & wall 11 (3:00)

1 - 4 Rocking Chair

S1 (1-8) Walk, Walk, Knee Bend, 1/2 Turn Left Flick, Shuffle Forward, Rock & Recover

1 - 4 Step forward (RF), Step forward (LF), Step forward of press your knees bending (RF), 1/2 turn left flick (RF) - 6:00
5 & 6 Step forward (RF), Step beside R (LF), Step forward (RF)
7 - 8 Rock forward (LF), Recover (RF)

S2 (1-8) L Chasse Side, Rock Backward, Recover, R Rolling Vine Turn Right, Scuff

1 & 2 Step side (LF), Close to L (RF), Step side (LF)
3 - 4 Rock Backward (RF), Recover (LF)
5 - 8 1/4 turn right step forward (RF), 1/2 turn right step back (LF), 1/4 turn right step side (RF), Scuff (LF)

S3 (1-8) Jazz Box 1/4 Turn Left, Step Side, Touch Behind

1 - 4 Step cross over R (LF), Step back (RF), 1/4 turn left step side (LF), Touch beside L (RF) -3:00
5 - 8 Step side (RF), Touch behind R (LF), Step side (LF), Touch behind L (RF)

S4 (1-8) Step Side, 1/2 Turn Left, Hitch, Chasse Side, Rock Back, Recover

1 - 4 Step side (RF), Step cross over R (LF), Step side and knee bending (RF), 1/2 turn left hitch while hopping (LF) - 9:00
5 & 6 Step side (LF), Close to L (RF), Step side (LF)
7 - 8 Rock backward (RF), Recover (LF)

Have a happy day~~~!

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<https://www.youtube.com/c/JMPLinedanceAtti>