

Hero in You

拍數: 32 牆數: 2 級數: Beginner
編舞者: Claire Bell (UK) - May 2021
音樂: Hero - Afrojack & David Guetta : (Single)



Intro: 16 counts - No tags or restarts !

Section 1: Walk, forward coaster, shuffle ½ turn, step, pivot, step

1 Walk forward on right
2&3 Step forward on left, step right next to left, step back on left
4&5 ½ turn right stepping right forward, step left next to right, step forward on right
6,7,8 Step forward on left, pivot ½ turn right, step forward on left (12.00)

Section 2: Side rock, side rock ¼ turn, jazz box cross

1,2 Rock right to right side (using hips), recover weight on left
3,4 Rock right to right side making ¼ turn left (using hips), recover weight on left
5,6 Cross right over left, step back on left
7,8 Step right to right side, cross left over right (9.00)

Section 3: Side ,drag, cross rock, shuffle ¼ turn ,rock, recover

1,2 Big stride on right to right side, drag left up to right
3,4 Cross rock left over right, recover weight on right
5&6 Make ¼ turn left stepping left forward, step right next to left, step forward on left
7,8 Rock forward on right, recover weight on left (6.00)

Section 4: Walk back, walk back, coaster step, kick and touch, down, up

1,2 Step right back (option - sweep left round from front to back), step left back (option -sweep right round from front to back)
3&4 Step back on right, step left next to right, step forward on right
5&6 Kick left forward, step back on left, touch right toe forward (weight on left)
7,8 Dip down (bend knees), straighten up (weight on left) and hook right above left shin

Ending: Wall 11, section 2, counts 5-8, jazz box ¼ turn right to face front.
