

# Hero

拍數: 32      牆數: 4      級數: Improver  
編舞者: YoungSoon Song (KOR) - July 2021  
音樂: Hero - Weezer



No Tag, No Restart

## S1: FORWARD ROCK/RECOVER, SHUFFLE BACKWARDS X2, OUT-OUT, KNEE BAND

1-2            RF Rock Forward(1), LF Recover(2)  
3&4           RF Step Backwards(3), LF Together(&), RF Step Backwards(4)  
5&6           LF Step Backwards(5), RF Together(&), LF Step Backwards(6)  
&7-8          RF Out Stepping Back(&), LF Out(7), RF Knee Band Inside(8)

## S2: KNEE BAND X2, HOLD, BALL-CROSS, 1/4 MONTEREY TURN R

1-2            Right Knee Recover and LF Knee Band Inside(1), Left Knee Recover and RF Knee Band(2)  
3&4           Hold(3), RF Ball Inside(&), LF Cross Over(4)  
5-6           RF Touch R(5), RF Recover 1/4 Turn R(3:00)(6)  
7-8           LF Touch L(7), LF Recover(8)

## S3: OUT-OUT/CLAP X2, JAZZ BOX, FORWARD

&1-2          RF Out Stepping Back(&), LF Out(1), Hold with Clap(2)  
&3-4          RF Out Stepping Back(&), LF Out(3), RF Clap with Scuff Cross(4)  
5-6           RF Cross Over(5), LF Step Backwards(6)  
7-8           RF Step R(7), LF Step Forward(8)

## S4: SHUFFLE, PIVOT 1/2 TURN R, SHUFFLE, FULL TURN L

1&2           RF Step Forward(1), LF Together(&), RF Step Forward(2)  
3-4           LF Step Forward(3), RF Step 1/2 Turn R(9:00)(4)  
5&6           LF Step Forward(5), RF Together(&), LF Step Forward(6)  
7-8           RF 1/2 Turn L Step Back(3:00)(7), LF 1/2 Turn L Step Forward(9:00)(8)

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