

# Hero

拍數: 32      牆數: 4      級數: Improver  
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音樂: Hero - Afrojack & David Guetta : (Single)



## #16 counts intro

### S1 : SIDE, TAP, SIDE, TAP, SUGAR FOOT ¼ TURN L, R TRIPLE STEP FWD

- 1-2            Step Rf to right side - touch left toes behind Rf  
3-4            Step Lf to left side - touch right toes behind Lf  
1-2            arms in the air and palms facing the sky (1) - hands down at thigh height (2). 3-4 : repeat 1-2  
5-6            Step ball of Rf to side swiveling both heels to left - turn 1/4 left swiveling heels to right & taking weight on Lf (9:00)  
7&8            Step Rf forward - step Lf beside Rf - step Rf forward

### S2 : STEP, HITCH, ¼ R STEP SIDE, POINT SIDE, ¼ L STEP FWD, ¼ L STEP SIDE, BEHIND SIDE CROSS

- 1-2            Step Lf forward - hitch right knee  
3-4            Turn 1/4 right stepping Rf to right side - point Lf to left side (12:00) looking to the right  
3-4            right arm out straight is doing a full circle from front to back (clockwise), right hand stops at the bottom, near R thigh  
5-6            Turn 1/4 left stepping Lf forward (9:00) - turn 1/4 left stepping Rf to right side (6:00)  
7&8            Step Lf behind Rf - step Rf to side - cross Lf over Rf

### S3 : SIDE, L SAILOR STEP, R SAILOR ¼ TURN R, JAZZ TRIANGLE

- 1              Step Rf to side  
2&3            Step ball of Lf behind Rf - step ball of Rf to side - step Lf to side  
4&5            Step ball of Rf behind Lf - turn 1/4 right stepping Lf beside Rf - step Rf forward (9:00)  
6-7-8          Cross Lf over Rf - step back on Rf - step Lf to side

### S4 : R & L CROSS SAMBA, 3 WALKS ½ CIRCLE L, JUMP FWD with FLICK

- 1&2            Cross Rf over Lf - rock Lf to side - recover onto Rf  
3&4            Cross Lf over Rf - rock Rf to side - recover onto Lf  
5-6-7          Walk 3 steps in a half circle to the left stepping R, L, R (3:00)  
8              Small jump stepping Lf forward & flick right heel backward

No tag, no restart!

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)  
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.