

# My Hero

**COPPER** **KNOB**  
BY STEPHEN METELNICK

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2021  
音樂: My Hero - Westlife



Start after 16 counts intro - Shane will sing 'I Feel Love' come in after the word 'love' - approx. 12 secs - 3mins  
16secs - 82bpm

Music Available: Amazon

[1-9] L fwd hitch R as you turn ½ L (one movement), R side, L back rock/recover, L side, R behind, ¼ L, L fwd, ½ L, R back as you hitch L, L back, R coaster cross

- 1-2            Step L forward as you hitch R knee up & turn ½ left (this is all one movement), step R side (6 o'clock)
- 3&4           Rock L back, recover weight on R, step L side
- 5&6           Cross step R behind L, turning ¼ left step L forward, turning ½ left step R back and hitch L knee up (9 o'clock)
- 7-8&1        Step L back, step R back, step L together, cross step R over L

[10-17] L side rock/recover, cross L over R, R side, cross L behind R, R side, cross L over R, point R toes R side, step R tog, L coaster step

- 2&3            Rock L side, recover weight on R, cross step L over R
- 4&5            Step R side, cross step L behind R, step R side
- 6&7            Cross step L over R, point R side, step R together
- 8&1            Step L back, step R forward, step L forward (extended 5th to prep for turn)

**WALL 4 RESTART: During wall 4 (starts facing R side wall), dance first 16 counts to restart facing front**

[18-24] ½ L, R back, L back rock/recover, ½ R, L back, R back rock/recover, R fwd, L fwd, ¼ right pivot turn, L cross step, R side

- 2-3&4        Turning ½ left step R back, rock L back, recover weight on R, turning ½ right step L back (9 o'clock)
- 5&6            Rock R back, recover weight on L, step R forward
- 7&8&        Step L forward, pivot ¼ right, cross step L over R, step R side (12 o'clock)

[25-32] L cross rock/recover, L side, R cross rock/recover, R side, cross L over R, ¼ L, run back R/L/R, L back, R tog

- 1-2&        Cross rock L over R, recover weight on R, step L side
- 3-4&5       Cross rock R over L, recover weight on L, step R side, cross step L over R
- 6&7        Turning ¼ left run back R, run back L, run back R
- 8&        Step L back, step R together (9 o'clock)

**You will end facing front wall to strike a pose. Enjoy!**

Tel: 01462 735778 Email: [alison.biggs1@btinternet.com](mailto:alison.biggs1@btinternet.com) Find us on Facebook: [TheDanceFactoryUK](https://www.facebook.com/TheDanceFactoryUK)