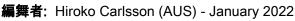
My Hero

COPPER KNO

拍數: 32

級數: Advanced



音樂: My Hero - Westlife : (Spotify/Amazon)

牆數:4

 (16 counts intro) [S1] 1/2L w/ Sweep, Behind-Side-Cross-Hinge 1/2L into Side Rock, 3/4R w/ Sweep, Behind-Side-Cross Rock, Side Shuffle-(into Cross Lift) 12& Make a 1/2 turn left stepping back on R/sweeping L foot around, Step L behind R, Step R to the side (6:00) 3&4& Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping (rock) L to the side, Recover weight on R (12:00) 56& Make a 3/4 turn right stepping back on L/sweeping R foot around, Step R behind L, Step L to the side (9:00) 7&&& Rock across R over L, Replace weight on L, Step R to the side, Step L next to R [S2] -Cross Lift-Swing Turn 1/4L-Swing Back, Back-1/2R, Step-Pivot 1/4R, Cross-Reverse Side Roll 1.2.3 Step R to the side and lift across L over R, Making a 1/4 turn left on ball of R swing/lift L forward, Swing/lift L back (6:00) Easy option for count 1 2 3: Step R to the side (1), Make a 1/4 turn left weight ends on R (2), Touch toes back (3) 4& Step back on L, Make a 1/2 turn right stepping forward on R (12:00) 5 6 Step forward on L, Make a 1/4 turn left stepping back on R (3:00) 7& Cross L over R, Make a 1/4 turn left stepping back on R (3:00) 7& Cross L over R, Make a 1/4 turn left stepping back on R (3:00) 7& Step R to the side, Step R to the side, Tap L next to R 8.3 Step L to the side, Step R to the side, Tap L next to R 8.3 Step L to the side, Step R to the side, Tap L next to R 8.4 Run forward on L-R 8.4 Run forward on L-R 8.4 Run forward on L, Replace weight on R, Make a 1/4 turn left stepping L ot the side seeping R foot around (12:00) 8.4 Cross L over R, Make a 1/4 turn right stepping L to the side seeping R foot around (12:00) 8.5 Cross L over R, Make a 1/4 turn right stepping L to the side seeping R foot around (12:00) 8.6 Scuff R to the side, Step R to the side, Tap L next to R 8.3 Step L to the side,		
 Side Shuffle-(into Cross Lift) 128 Make a 1/2 turn left stepping back on R/sweeping L foot around, Step L behind R, Step R to the side (6:00) 3848. Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping (rock) L to the side, Recover weight on R (12:00) 568 Make a 3/4 turn right stepping back on L/sweeping R foot around, Step R behind L, Step L to the side (9:00) 7888. Rock across R over L, Replace weight on L, Step R to the side, Step L next to R [S2] -Cross Lift-Swing Turn 1/4L-Swing Back, Back-1/2R, Step-Pivot 1/4R, Cross-Reverse Side Roll 123 Step R to the side and lift across L over R, Making a 1/4 turn left on ball of R swing/lift L forward, Swing/lift L back (6:00) Easy option for count 1 2 3: Step R to the side (1), Make a 1/4 turn left weight ends on R (2), Touch toes back (3) 48 Step back on L, Make a 1/2 turn right stepping forward on R (12:00) 56 Step forward on L, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on R (2). Touch toes back (3) (33) Scuff-Side-Tap-Side-Together, Run-Run, Scuff-Side-Tap-Side, Walk Fwd 182 Scuff R to the right, Step R to the side, Tap L next to R 83 Step L to the side, Step R to gether 48 Run forward on L. 48 Run forward on L. 49 Step R to the side, Tap R next to L 83 Step R to the side, Step R to gether 48 Run forward on L. 49 Rock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd 182 Rock forward on L. Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 38 Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 485 Making a 1/2 turn right stepping back on L (3:00) 485 Making a 1/2 turn right stepping back on L (3:00) 38 Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 38 Cross R over L, Make a 1/2 turn right	(16 counts	intro)
 the side (6:00) 3&44. Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping (rock) L to the side, Recover weight on R (12:00) 568. Make a 3/4 turn right stepping back on L/sweeping R foot around, Step R behind L, Step L to the side (9:00) 7&88. Rock across R over L, Replace weight on L, Step R to the side, Step L next to R [S2] -Cross Lift-Swing Turn 1/4L-Swing Back, Back-1/2R, Step-Pivot 1/4R, Cross-Reverse Side Roll 1 2 3 Step R to the side and lift across L over R, Making a 1/4 turn left on ball of R swing/lift L forward, Swing/lift L back (6:00) Easy option for count 1 2 3: Step R to the side (1), Make a 1/4 turn left weight ends on R (2), Touch toes back (3) 4& Step back on L, Make a 1/2 turn right stepping forward on R (12:00) 56 Step forward on L, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L. Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L - making a further 1/4 turn left & prep for R scuff ** (3:00) [S3] Scuff-Side-Tap-Side-Together, Run-Run, Scuff-Side-Tap-Side, Walk Fwd 1&2 Scuff R to the right, Step R to the side, Tap L next to R 83 Step L to the side, Step R to gether 4& Run forward on L-R 5& Scuff L to the left, Step L to the side, Tap R next to L &7 8 Step R to the side, Step Fwd Shuffle, Step-Pivot 1/2R-Fwd 1&2 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3& Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 455 Making a 1/2 turn right stepping back on L (3:00) 455 Making a 1/2 turn right stepping back on L (3:00) 67 8 Step forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3& Cross R over L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) <		
 L to the side, Recover weight on R (12:00) 5 6& Make a 3/4 turn right stepping back on L/sweeping R foot around, Step R behind L, Step L to the side (9:00) 7&8& Rock across R over L, Replace weight on L, Step R to the side, Step L next to R [S2] -Cross Lift-Swing Turn 1/4L-Swing Back, Back-1/2R, Step-Pivot 1/4R, Cross-Reverse Side Roll 1 2 3 Step R to the side and lift across L over R, Making a 1/4 turn left on ball of R swing/lift L forward, Swing/lift L back (6:00) Easy option for count 1 2 3: Step R to the side (1), Make a 1/4 turn left weight ends on R (2), Touch toes back (3) 4& Step back on L, Make a 1/2 turn right stepping forward on R (12:00) 5 6 Step forward on L, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on R (3:00) 7&8 Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on R (3:00) [S3] Scuff-Side-Tap-Side-Together, Run-Run, Scuff-Side-Tap-Side, Walk Fwd 1&2 Scuff R to the right, Step R to the side, Tap L next to R 83 Step L to the side, Step R to gether 4& Run forward on L-R 5&6 Scuff L to the left, Step L to the side, Tap R next to L 87 8 Step R to the side, Step forward on L, Step forward on R [S4] Fwd Rock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd 1&2 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3& Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 4&5 Making a 1/2 turn right supping back on L (3:00) 4&5 Making a 1/2 turn right supping back on L (3:00) 4&6 Step forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3& Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) 4&5 Making a 1/2 turn right supping back on L (3:00)<th>1 2&</th><th></th>	1 2&	
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 [S2] -Cross Lift-Swing Turn 1/4L-Swing Back, Back-1/2R, Step-Pivot 1/4R, Cross-Reverse Side Roll 12.3 Step R to the side and lift across L over R, Making a 1/4 turn left on ball of R swing/lift L forward, Swing/lift L back (6:00) Easy option for count 1 2 3: Step R to the side (1), Make a 1/4 turn left weight ends on R (2), Touch toes back (3) 4& Step back on L, Make a 1/2 turn right stepping forward on R (12:00) 5 6 Step forward on L, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on R (3:00) 7&8 Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L -making a further 1/4 turn left & prep for R scuff ** (3:00) [S3] Scuff-Side-Tap-Side-Together, Run-Run, Scuff-Side-Tap-Side, Walk Fwd 1&2 Scuff R to the right, Step R to the side, Tap L next to R 8.3 Step L to the side, Step R together 4.8 Run forward on L-R 5.6 Scuff L to the left, Step L to the side, Tap R next to L 8.7 8 Step R to the side, Step forward on L, Step forward on R [S4] Fwd Rock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd 1.82 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3.8 Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 4.8 Making a 1/2 turn right shuffle forward on R-L-R (9:00) 6.7 8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) 7.8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) 7.8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) 7.8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) 7.8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) 	5 6&	
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forward, Swing/lift L back (6:00) Easy option for count 1 2 3: Step R to the side (1), Make a 1/4 turn left weight ends on R (2), Touch toes back (3) 4& Step back on L, Make a 1/2 turn right stepping forward on R (12:00) 56 Step forward on L, Make a 1/4 turn right recover weight on R (3:00) 7&8 Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L -making a further 1/4 turn left & prep for R scuff ** (3:00) [S3] Scuff-Side-Tap-Side-Together, Run-Run, Scuff-Side-Tap-Side, Walk Fwd 1&2 8 Scuff R to the right, Step R to the side, Tap L next to R 8.3 Step L to the side, Step R together 4& Run forward on L-R 5&6 Scuff L to the left, Step L to the side, Tap R next to L 8.7 8 Step R to the side, Step forward on L, Step forward on R [S4] Fwd Rock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd 1&2 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3& Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 4&5 Making a 1/2 turn right shuffle forward on R-L-R (9:00) 6 7 8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) Restart on Wall 4 count 16** (12:00) Ket 14 toun right recover	[S2] -Cross	Lift-Swing Turn 1/4L-Swing Back, Back-1/2R, Step-Pivot 1/4R, Cross-Reverse Side Roll
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 7&8 Cross L over R, Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping forward on L -making a further 1/4 turn left & prep for R scuff ** (3:00) [S3] Scuff-Side-Tap-Side-Together, Run-Run, Scuff-Side-Tap-Side, Walk Fwd 1&2 Scuff R to the right, Step R to the side, Tap L next to R &3 Step L to the side, Step R together 4& Run forward on L-R 5&6 Scuff L to the left, Step L to the side, Tap R next to L &7 8 Step R to the side, Step forward on L, Step forward on R [S4] Fwd Rock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd 1&2 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3& Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 4&5 Making a 1/2 turn right shuffle forward on R-L-R (9:00) 6 7 8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) Restart on Wall 4 count 16** (12:00) 	4&	Step back on L, Make a 1/2 turn right stepping forward on R (12:00)
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 &3 Step L to the side, Step R together 4& Run forward on L-R 5&6 Scuff L to the left, Step L to the side, Tap R next to L &7 8 Step R to the side, Step forward on L, Step forward on R [S4] Fwd Rock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd 1&2 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00) 3& Cross R over L, Make a 1/4 turn right stepping back on L (3:00) 4&5 Making a 1/2 turn right shuffle forward on R-L-R (9:00) 6 7 8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) Restart on Wall 4 count 16** (12:00) 		
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1&2Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping R foot around (12:00)3⨯ R over L, Make a 1/4 turn right stepping back on L (3:00)4&5Making a 1/2 turn right shuffle forward on R-L-R (9:00)6 7 8Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00)Restart on Wall 4 count 16** (12:00)	[S4] Fwd R	ock-1/4L w/ Sweep, Cross-1/4R-1/2R Fwd Shuffle, Step-Pivot 1/2R-Fwd
4&5Making a 1/2 turn right shuffle forward on R-L-R (9:00)6 7 8Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00)Restart on Wall 4 count 16** (12:00)		Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping L to the side sweeping
6 7 8 Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00) Restart on Wall 4 count 16** (12:00)	3&	Cross R over L, Make a 1/4 turn right stepping back on L (3:00)
Restart on Wall 4 count 16** (12:00)	4&5	Making a 1/2 turn right shuffle forward on R-L-R (9:00)
	678	Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L (3:00)
The dance finishes at the front	Restart on V	Wall 4 count 16** (12:00)
	The dance	finishes at the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (updated: 5/Jan/22)

