

My Hero

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - January 2022
音樂: My Hero - Westlife : (Spotify/Amazon)



(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)

- 1 2& 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)
- 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 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 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)**

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)