

I Need a Hero!

拍數: 32 牆數: 4 級數: Improver
編舞者: Laura Hannele Pitkänen (FIN) & Hanna Pitkänen (FIN) - March 2022
音樂: Holding Out for a Hero - Bonnie Tyler : (Album: Footloose OST)



*****3 EASY TAGS: after walls 7, 9 & 13**

Start on lyrics, after 64 count intro, approx. 32 sec into the track.

[1-8]: WALK R L, HITCH & TURN ¼, GRAPEVINE

1 - 2, Step forward on right foot, step forward on left foot
3 - 4, Hitch right as you turn ¼ left, cross right foot over left
5 - 6, Step left foot to side, step right foot behind left
7 - 8, Step left foot to side, touch right foot next to left

[9-16]: TAP-TAP-OUT, TOUCH, SIDE TOUCHES X2

1 - 2, Tap right foot gradually out to right diagonal x2 and raise your hands up to the same direction
3 - 4, Step right foot out to diagonal right, touch left foot next to right
5 - 6, Step left foot to side, touch right foot next to left
7 - 8, Step right foot to side, touch left foot next to right

[17-24]: HALF RUMBA BOX, SIDE TOUCH, ½ TURN & SIDE TOUCH

1 - 2, Step left foot to side, step right foot next to left
3 - 4, Step left foot forward, touch right foot next to left
5 - 6, Step right foot to side, touch left foot next to right
7 - 8, Turn ½ right on right foot stepping left to side, touch right foot next to left

[25-32]: GRAPEVINE R, ROLLING VINE L

1 - 2, Step right foot to side, step left foot behind right
3 - 4, Step right foot to side, touch left foot next to right
5 - 6, Turn ¼ left stepping left foot forward, turn ½ left stepping right foot back
7 - 8, Turn ¼ left stepping left foot to side, touch right foot next to left

START AGAIN

TAGS (after walls 7 facing 9:00, 9 facing 9:00 & 13 facing 3:00):

WALK R L, PIVOT ½ TURN

1 - 2, Step right foot forward, step left foot forward
3 - 4 Step right foot forward, pivot ½ left stepping left foot forward

Have fun!
