

# Dreaming of a Hero EZ

**COPPER** KNOB  
BY STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner / Improver  
編舞者: Val O'Connor (UK) - February 2023  
音樂: Holding Out for a Hero - Adam Lambert



**Intro: 16 Counts From When Heavy Beat Starts - Restarts: 3 easy restarts**

## **R SIDE DIP TOUCH, L SIDE DIP TOUCH, SIDE R, L BEHIND, SIDE R, CROSS L**

1-2-3-4      Step R to R side as you dip down, touch L next to R, step L to L side as you dip down, touch R next to L

5-6-7-8      Step R to R side, cross L behind R, step R to R side, cross L over R,

## **R SIDE CHASSE, L ROCK BACK, SIDE L, RIGHT BEHIND, ¼ L, BRUSH R**

1&2-3-4      Step R to R side, (&) L next to R, R to R side, rock back on L, recover Fwd on R

5-6-7-8      Step L to L side, cross R behind L, ¼ L step Fwd L, brush R Fwd (9)

## **STEP FWD R, POINT L, BACK L, POINT R, R ROCK BACK, STEP ¼ L**

1-2-3-4      Step fwd R, point L to L side, step back L point R to R side,

5-6-7-8      R rock back, recover Fwd on L, step Fwd R, ¼ L step L to L side (6)

## **R FWD ROCK AND HEEL, HOLD, R JAZZ BOX STEPPING TOGETHER**

1-2&3-4      R Fwd rock, recover back on L, (&) step back on R, dig L heel fwd, Hold for 1 count

&5-6-7-8      (&) Step down on L, cross R over L, step back on L, step R to R side, step L next to R

## **RESTARTS**

**WALL 4** At the end of wall 4 (Facing front) Dance first 4 counts in section 1, then 2 ½ Left Pivot turns OR R rocking chair (8 counts)

Then restart from beginning

## **WALLS 6 AND 8**

At the end of these walls just dance first 4 counts in Section 1 and then restart from Beginning ( Side touches )

This is an alternative easy dance to my Intermediate dance of the same name

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