

My Hero

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - March 2024
音樂: Hero - Marcus King



Intro: start on lyrics, with weight on L

****2 Restarts - Walls 2 and 5 after 32 counts**

S1 (1-8) R SIDE, TOGETHER, R SIDE SHUFFLE, ROCK L BACK, RECOVER, L FWD SHUFFLE

1-2-3&4 Step R side (1), step L together (2), step R side (3), step L together (&), step R side (4)

5-6-7&8 Rock L back (5), recover to R (6), step L forward (7), step R together (&), step L forward (8)

S2 (9-16) R FWD, ¼ TURN L, R CROSSING SHUFFLE, ROCK L SIDE, RECOVER, L CROSSING SHUFFLE

1-2-3&4 Step R forward (1), turn ¼ L and step L side (2), cross R over (3), step L together (&), cross R over (4)

5-6-7&8 Rock L side (5), recover to R (6), cross L over (7), step R together (&), cross L over (8) (9:00)

S3 (17-24) ROCK R SIDE, RECOVER, R BACK COASTER, L FWD, ¼ TURN R, L OVER, R SIDE, ½ TURN L, STEP L SIDE

1-2-3&4 Rock R side (1), recover to L (2), step R back (3), step L together (&), step R forward (4)

5&6-7-8 Step L forward (5), turn ¼ R and step R side (&), cross L over (6), step R side (7), turn ½ L and step L side (8) (6:00)

S4 (25-32) R-L-FWD SHUFFLE, ROCK R FWD, RECOVER, R BACK, TURN ¼ L AND STEP L FWD, TOUCH R

1&2-3&4 Step R forward (1), step L together (&), step R forward (2), step L forward (3), step R together (&), step L forward (4)

5-6-7&8 Rock R forward (5), recover to L (6), step R back (7), turn ¼ L and step L forward (&), touch R together (8) (9:00)

Restart here on walls 2 and 5

S5 (33-40) SYNCOPATED K-STEP

1-2-3&4 Step R diagonally forward (1), touch L together (2), step L diagonally back (3), step R together (&), step L diagonally back (4)

5-6-7&8 Step R diagonally back (5), touch L together (6), step L diagonally forward (7), step R together (&), step L diagonally forward (8)

Repeat

****2 Restarts - Walls 2 and 5 after 32 counts**

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Last Update: 18 Mar 2024