I Become a Hero

級數: Intermediate

編舞者: Steve Brain (UK) - November 2024

音樂: When You Tell Me That You Love Me - Julio Iglesias & Dolly Parton

或: Delta Dawn - Tanya Tucker

Intro - Start on Julio's lyrics with the word "feel"

STEP RIGHT TO SIDE, ROCK, RECOVER, STEP LEFT TO SIDE, ROCK, RECOVER, ROCK FORWARD, **RECOVER, LOCKS BACK, STEP IN PLACE**

- 1-2& Big step right side, cross/rock left back behind right, recover to right
- 3-4& Big step left side, cross/rock right back behind left, recover to left
- 5-6 Rock right forward, recover to left
- &7&8& Cross right over, step left back, cross right over, step left back, step right together

ROCK, RECOVER, PIVOT TURNS, PIVOT, ROCK AND CROSS

- Rock left forward, recover to right 9-10
- 11-12 Step left side, turn 1/2 left and step right side
- 13-14& Turn 1/2 left and step left side, cross right over making 1/4 turn left, turn 1/2 left
- 15&16 Rock out to right, recover to left, cross right over

ROCK AND CROSS. NIGHTCLUB BASICS WITH 1/4TURNS

- Rock out to left, recover to right, cross left over 17&18
- 19-20& Big step right side, turn 1/4 left and cross rock left back, recover to right
- 21-22& Big step left side, turn 1/4 left and cross rock right back, recover to left
- 23-24& Big step right side, cross/rock left back, recover to right

STEP, PIVOT, SHUFFLE, STEP, PIVOT, WALK WALK

- 25-26 Step left forward, turn 1/2 right (weight to right)
- 27&28 Locking chassé forward left-right-left
- 29-30 Step right forward, turn 1/2 left (weight to left)
- 31-32 Step right forward, step left forward

REPEAT

TAGS

At beginning of wall 4 do counts 1-8, hip sway right-left & then start again At beginning of wall 6 add counts 1-4 again, then start as normal

After count 16 on wall 6, recover to left foot(which is crossed behind right) and start again





拍數: 32

牆數: 4