

# My Hero

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Margaret Murphy (AUS)  
音樂: Hero (Metro Mix) - Enrique Iglesias



## ROCKS AND COASTER STEPS, LEFT AND RIGHT

1-2      Rock forward onto left, rock back onto right  
3&4      Step back on left, step right next to left step forward on left  
5-6      Rock forward onto right, rock back onto left  
7&8      Step back on right, step left next to right, step forward on right (12:00)

## ROCK LEFT, RIGHT, TRIPLE STEP, ROCK RIGHT, LEFT, TRIPLE STEP

1-2      Rock left to left side, rock onto right  
3&4      Triple step on the spot left-right-left  
5-6      Rock right to right, rock onto left  
7&8      Triple step on the spot, right-left-right (12:00)

## ROCK, ¼ TURN LEFT, SHUFFLE, PIVOT ½ TURN LEFT, SHUFFLE FORWARD

1-2      Rock left over right, step right in place  
3&4      Turning ¼ turn left, shuffle forward left-right-left  
5-6      Step right foot forward, pivot ½ turn left  
7&8      Shuffle forward right-left-right (3:00)  
1-8      Repeat last 8 beats (6:00)

## STEP LOCK, SHUFFLE, ¼ TURN RIGHT, STEP LOCK SHUFFLE

1-2      Step forward on left, lock right behind left  
3&4      Shuffle to forward, left-right-left  
5-6      Turning ¼ turn right, step forward, on right lock left behind right  
7&8      Shuffle forward, right-left-right (9:00)

## JAZZ BOX, TRIPLE STEP, HEEL JACKS

1-2      Cross left over right, step back on right  
3&4      Triple step on the spot, left-right-left  
5&6&      Cross right over left, step on left placing right heel forward, step onto right  
7&8      Cross left over right, step on right placing left heel forward (9:00)

## ROCK, ROCK, CROSS SHUFFLE

&1-2      Hop left back next to right, rock forward onto right, step back onto left  
3&4      ½ turn right shuffle forward right-left-right  
5&6&      Cross left over right step onto right placing left heel forward, step onto right  
7&8      Cross right over left, step onto left placing right heel forward. (3:00)

## ROCK FORWARD, BACK, COASTER STEP, JAZZ BOX, TRIPLE STEP

&1-2      Hop rock forward on the left, rock step back onto right  
3&4      Step back on left step right next to left, step forward on left  
5-6      Cross right over left, step back on left  
7&8      Triple step on the spot, right-left-right (3:00)

**REPEAT**