

# My Hero

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Adrian Swales (UK)  
音樂: The Wind Beneath My Wings - Dave Sheriff



## 2 TOE STRUTS FORWARD, 2 KICKS FORWARD, ROCK STEP

- 1-2      Step right toe forward, flatten right foot
- 3-4      Step left toe forward, flatten left foot
- 5-6      Kick right forward twice
- 7      Rock back on right foot
- 8      Replace weight to left foot in place

## 3 STEPS FORWARD, KICK & CLAP, 3 STEPS BACK, TOUCH & CLAP

- 9-11      Three walks forward - right, left, right
- 12      Kick left forward and clap
- 13-15      Three walks back - left, right, left
- 16      Touch right next to left without weight and clap

**Option: mashed potato steps on steps 13-15**

## STEP RIGHT, CLICK, STEP LEFT, CLICK, RIGHT VINE WITH TOUCH

- 17-18      Step right foot to right side, touch left next to right turning to left diagonal by taking left shoulder back - click fingers
- 19-20      Step left foot to left side, touch right next to left turning to right diagonal by taking right shoulder back - click fingers
- 21-24      Right vine, touch left next to right

**Option: rolling vine on steps 21-23**

## STEP LEFT, CLICK, STEP RIGHT, CLICK, LEFT VINE WITH ¼ TURN & SHUFFLE FORWARD

- 25-26      Step left foot to left side, touch right next to left turning to right diagonal by taking right shoulder back - click fingers
- 27-28      Step right foot to right side, touch left next to right turning to left diagonal by taking left shoulder back - click fingers
- 29-30      Step left to left side, step right behind left
- 31&32      Step left to left side making ¼ turn left, step right beside left, step forward left

**Option: make a complete turn left over steps 29-30**

**REPEAT**

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