

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
