

My Hero (Shrek)

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jodie Norman (UK)
音樂: Holding Out For a Hero - Jennifer Saunders



HEEL & HEEL & HEEL & HEEL & HEEL (¼), POINT, HOOK, PLACE

1& Tap right heel forward, place right next to left
2& Tap left heel forward, place left next to right turning 1/8 left
3&4& Repeat steps 1&2& of this section
5& Tap right heel forward, place right next to left
6-7 Point left to the left, hook left foot behind right
8 Place left foot putting weight onto left

HEEL FORWARD X4

1-2 Tap right heel forward, place right next to left
3-4 Tap left heel forward, place left next to right
5-8 Repeat steps 1-4 of this section

POINT & POINT & POINT & POINT & POINT & POINT (¼), WALK, WALK

1& Point right to the right, place right next to left
2& Point left to the left, place left next to right turning 1/8 left
3&4& Repeat steps 1&2& of this section
5& Point right to the right, place right next to left
6 Point left to the left
7-8 Walk forward; left, right

TOUCH, ¼ SIDE STEP, TOUCH, SIDE STEP, TOUCH, SIDE CHASSE

1-2 Touch left behind right, step left turning ¼ to the left
3-5 Touch right next to left, step right to the right, touch left next to right
6-8 Step right to the right, bring left up to right, step right to the right

REPEAT
