

Real Hero

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Robert DeLong (USA)
音樂: Hero (Metro Mix) - Enrique Iglesias



ROCK FORWARD, COASTER STEP, SHUFFLE, ¼ TURN RIGHT

- 1-2-3&4 Rock forward on left foot, recover weight on right foot, left foot step backward, right foot step next to left foot, left foot step forward slightly
- 5&6-7-8 Step right foot forward shuffle right-left-right, step left foot forward, pivot ¼ turn right on balls of feet

CROSSING TRIPLE STEP, SIDE ROCK, HEEL-TOE TOUCHES

- 1&2-3-4 Cross left foot over right shuffle left-right-left, rock right foot to right side, recover weight on left foot
- 5&6 Touch right heel forward, step right foot in place, touch left toe back
- 7&8 Touch left toe to left side, step left foot in place, touch right toe to right side

ROCK, RECOVER, TRIPLE TURNING ½ RIGHT, ROCK, RECOVER, TRIPLE TURNING ½ LEFT

- 1-2-3&4 Rock forward on right foot, recover weight on left, shuffle right-left-right while turning ½ turn right
- 5-6-7&8 Rock forward on left foot, recover weight on right, shuffle left-right-left while turning ½ turn left

½ TURN LEFT, SHUFFLE, HEEL-TOE TOUCH, SHUFFLE

- 1-2-3&4 Step right foot forward, pivot ½ turn left, shuffle forward right-left-right
- 5&6-7&8 Touch left heel forward, touch right toe back, shuffle forward right-left-right

REPEAT
