

Yesterdays Hero

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Peggy Buterbaugh (USA) & Roger Buterbaugh (USA)
音樂: Yesterdays Hero - Harold Dean



ROCK, ROCK, CHA-CHA-CHA, ROCK, ROCK, CHA-CHA-CHA:

- 1 Rock forward on left foot, crossing over the right foot
- 2 Rock back on right foot
- 3&4 Cha-cha-cha hooking right foot behind left foot (left, right, left)
- 5 Rock forward on right foot, crossing over the left foot
- 6 Rock back on left foot
- 7&8 Cha-cha-cha hooking left foot behind right foot (right, left, right)

SAILOR STEP:

- 9 Step left foot to left and rock onto it
- 10 Rock onto right foot in place
- 11 Step left foot crossing behind right foot
- & Step right foot next to left foot
- 12 Step left foot next to right foot
- 13 Step right foot to right and rock onto it
- 14 Rock onto left foot in place
- 15 Step right foot crossing behind left foot
- & Step left foot next to right foot
- 16 Step right foot next to left foot

ROCK, ROCK, CHA-CHA-CHA, ROCK, ROCK, CHA-CHA-CHA:

- 17 Rock forward onto left foot
- 18 Rock back onto right foot
- 19&20 Cha-cha-cha sliding to the left facing forward (left, right, left)
- 21 Rock back onto right foot
- 22 Rock forward onto left foot
- 23&24 Cha-cha-cha sliding to the right facing forward (right, left, right)

STEP, TURN, CHA-CHA-CHA, ROCK, ROCK, CHA-CHA-CHA:

- 25-26 Step forward on left foot, make a ½ turn to right shifting weight to right foot (feet will not move)
- 27&28 Cha-cha-cha, make a ½ turn to right (left, right, left)
- 29 Rock back onto right foot
- 30 Rock forward onto left foot
- 31&32 Cha-cha-cha sliding to the right facing forward (right, left, right)

STEP, TURN, CHA-CHA-CHA, TURN, TURN, CHA-CHA-CHA:

- 33-34 Step forward on left foot, make a ½ turn to right shifting weight to right foot (feet will not move)
- 35&36 Cha-cha-cha sliding to the left (left, right, left)
- 37 Step right foot to right making a ½ turn right (forward)
- 38 Step left foot to left making another ½ turn to right (backward)
- 39&40 Cha-cha-cha sliding to the right (right, left, right)

ROCK, ROCK, TURN-TURN-TURN, ROCK, ROCK, TURN-TURN-TURN:

- 41 Rock forward on left foot, crossing over the right foot

- 42 Rock back on right foot
- 43&44 Cha-cha-cha, while making a full turn to the left (forward - left, right, left)
- 45 Rock forward on right foot, crossing over the left foot
- 46 Rock back on left foot
- 47&48 Cha-cha-cha, while making a full turn to the right (forward - right, left, right)

CROSS, CROSS, CHA-CHA-CHA, CROSS, CROSS, CHA-CHA-CHA:

- 49 Step left foot crossing over right foot
- 50 Step right foot crossing over left foot
- 51&52 Cha-cha-cha in place (left, right, left)
- 53 Step right foot crossing over left foot
- 54 Step left foot crossing over right foot
- 55&56 Cha-cha-cha in place (right, left, right)

POINT, KICK, CHA-CHA-CHA, POINT, KICK, CHA-CHA-CHA:

- 57 Point left toe to the left touching floor
- 58 Kick left foot forward crossing over right foot
- 59&60 Cha-cha-cha sliding to right, keep feet crossed (left, right, left)
- 61 Point right toe to the right touching floor
- 62 Kick right foot forward crossing over left foot
- 63&64 Cha-cha-cha sliding to left, keep feet crossed (right, left, right)

REPEAT
