

# Your Hero

**COPPER KNOB**  
STEPSHETS

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



1st place 2002 Dance Team Showdown in Fort Wayne, IN

## FOOT SWEEP, TRIPLE STEP, HIP BUMPS

1            Sweep right foot around in front of left  
2            Step on right  
3&4        Step left to side, step together with right, step to side with left  
5-6-7-8    Bump hips right left right left

## SAILOR STEP, SAILOR STEP WITH A ¼ TURN SHUFFLE FORWARD ROCK STEP

1&2        Step right foot crossed behind left, step left foot to side, step right foot slightly forward  
3&4        Step left foot crossed behind right, step right to side, step left forward making a ¼ turn left  
5&6        Step right foot forward, step left together, step right forward  
7-8        Rock forward on left, recover on right

## HOP BACK, HIP BUMPS WITH ¼ TURN, ½ TURN, COASTER STEP

&1        Step left foot back, step right foot to the side of left  
2-3-4     Bump hips to left then right make a ¼ turn left as you bump hips to left  
5        Step right foot forward  
6        Pivot ½ turn to left (weight stays on right)  
7&8       Step left foot back, step right foot together, step left foot forward

## SHUFFLE FORWARD, OUT AND CROSS WITH ¼ TURN RIGHT, WEAVE RIGHT

1&2        Step right foot forward, step left together, step right foot forward  
3&4        Step left forward making ¼ turn right, step right in place, cross left in front  
5-6-7-8    Step right to side, step left behind right, step right to side, cross left in front of right

**REPEAT**

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