

Hero

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michel Cabana (CAN)
音樂: Hero (Metro Mix) - Enrique Iglesias



TOUCH & TOUCH & TOUCH, ¼ TURN KICK, COASTER STEP

1&2 Touch right toe forward, bring right beside left, touch left toe to the side
&3-4 Bring left beside right, touch right toe to the side, pivot ¼ turn right as you kick right foot forward
5&6 Step back on the right, bring left beside right, step forward on the right
7&8 Step forward on the left, bring right beside left, step forward on the left

CROSS, UNWIND, COASTER STEP, FORWARD LOCK, & STEP TOUCH

1-2 Touch right toe across left foot, unwind ½ turn left (weight ending on the right foot)
3&4 Step back on the left, bring right beside left, step forward on the left
5-6 Step forward on the right, bring left locked behind right foot
&7-8 Step to the right on the right, make a long step with the left to the left side, touch right toe beside left foot

KICK BALL CROSS, KICK BALL CROSS, ROCK SIDE, RECOVER WITH A ¼ TURN LEFT, FORWARD LOCK

1&2 Kick right foot forward, bring right beside left, cross left over right
3&4 Kick right foot forward, bring right beside left, cross left over right
5-6 Step right to the side, recover weight back on the left making ¼ turn left
7&8 Step forward on the right, bring left locked behind right, step forward on the right

¾ TURN RIGHT, SHUFFLE SIDE, KICK & KICK, & TOE & HEEL &

1-2 Step forward on the left, pivot ¾ turn right (weight ending on the right)
3&4 Step left to the side, bring right beside left, step left to the side
5&6 Kick right foot across left foot, bring right beside left, kick left foot across right foot
&7& Bring left beside right, touch right toe beside left, step right diagonally back
8& Touch left heel diagonally forward, replace left close to right

REPEAT