

# Hero

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Bryan McWherter (USA)  
音樂: Hero (Dance Mix) - Enrique Iglesias



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## ROCK, RECOVER, STEP, ROCK, RECOVER, COASTER STEP, BRUSH, HITCH, STEP

1-2&      Rock forward onto your right foot, recover weight back onto left foot, step right foot next to left foot  
3-4      Rock forward onto your left foot, recover weight back onto right foot  
5&6      Step left foot slightly back, step right foot next to left, step left foot slightly forward  
7&8      Brush your right foot next to your left, hitch right knee up, step right foot slightly forward

## SHUFFLE FORWARD, ROCK FORWARD, RECOVER, STEP BACK, ½ TURN STEP, SHUFFLE FORWARD

1&2      Step left foot slightly forward, slide right next to left, step left foot slightly forward  
3-4      Rock right foot forward, recover weight back to left  
5-6      Step back onto right foot, step forward onto left making ½ turn left  
7&8      Step right foot forward, step left foot next to right, step right foot forward

## ¼ TURN JAZZ BOX, TOUCH, STEP, TOUCH, STEP, TOUCH, KICK BALL CHANGE

1-2      Step left foot over right foot, step right foot slightly back  
3-4      Step left foot slightly to left making a ¼ turn left, touch right toe next to left foot  
&5      Step right foot slightly back diagonally, touch left toe next to right foot  
&6      Step left foot slightly back diagonally, touch right toe next to left foot  
7&8      Kick right foot forward, step right foot next to left, step left in place

## STEP, LOCK, STEP, STEP, SWIVEL, RIGHT, CENTER, STEP, LOCK, STEP, STEP, SWIVEL, RIGHT, CENTER

1-2      Step right foot slightly forward diagonally, lock left foot behind right  
&3      Step right foot slightly forward diagonally, step left foot next to right  
&4      Swivel both heels right, swivel both heels back to center  
5-6      Step left foot slightly forward diagonally, lock right foot behind left  
&7      Step left foot slightly forward diagonally, step right foot next to left  
&8      Swivel both heels left, swivel both heels back to center

REPEAT

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