

Hero

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



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
