

Hero (We All Have One)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Noel Bradey (AUS) & Michael Vera-Lobos (AUS)
音樂: Hero (Metro Mix) - Enrique Iglesias



OPTIONAL 64 COUNT PRELUDE

Start on (would you) the word "dance" - flowing & with feeling

- 1-2-3-4 Step left to left side, step right beside left, step forward left, hold
5-6-7-8 Step right to right side, step left beside right, step back on right, hold
- 1-2-3-4 Turn full turn left stepping left, right, rock/step left to left side, hold
5-6-7-8 Rock/step right to right side, hold, rock/step left to left side, hold
- 1-2-3-4 Turn full turn right stepping right, left, rock/step right to right side, hold
5-6-7-8 Rock/step left to left side, hold, rock/step right to right side, hold
- 1-2-3-4 Turn ¼ turn left stepping forward on left, drag right to beside left, step back on right, drag left to beside right
5-6-7-8 Step forward on left, pivot turn ½ turn right, step forward on left, pivot turn ¼ turn right (weight on right)
- 33-64 Repeat above 32 counts

DANCE

Starts straight in from Prelude

- 1&2&3-4 Touch left toe forward, step on left beside right, touch right toe forward, step on right beside left, step forward left, pivot turn ¼ turn right (weight on right)
5&6 Forward coaster: step forward on left, step right beside left, step back on left
&7&8 Turn ½ turn right on ball of left, shuffle forward right-left-right
- 1&2-3&4 Turn ½ turn right shuffling back left-right-left, step back on right, step left beside right, step forward right
5&6 Step left to left side, replace weight onto right, cross/step left over right
7-8 Step forward on right, pivot turn ½ turn left (weight on left)
- 1&2 Flick right up behind left, turn ¼ turn left stepping on right, touch left heel forward
&3-4 Step on left beside right, step forward on right, pivot turn ¼ turn left (weight on left)
5&6 Samba steps: cross/step right over left, step left to left side, step on right in place
7&8 Cross/step left over right, step right to right side, step on left in place
- 1&2 Flick right up behind left, turn ¼ turn left stepping on right, touch left heel forward
&3-4 Step on left beside right, step forward on right, pivot turn ¼ turn left (weight on left)
5&6 Samba steps traveling forward: cross/step right over left, step left to left side, step on right in place
7&8 Cross/step left over right, step right to right side, step on left in place
- 1-2-3&4 Cross/rock right over left, replace weight to left, turn full turn right stepping right-left-right
5-6-7&8 Cross/rock left over right, replace weight to right, step left to left, step right beside left, turn ¼ turn left stepping forward on left
- 1-2-3-4 Step right forward, pivot turn ½ turn left, step right forward, pivot turn ¼ turn left

- 5-6-7&8 Rock/step forward on right, replace weight to left, turn ½ turn right shuffling forward right-left-right
- 1-2-3-4 Step forward left, drag right to beside left, step forward right, drag left to beside right
&5-6 Step forward on left, pivot turn ½ turn right stepping forward on right, step forward on left
7&8 Step forward on right, pivot turn ½ turn left stepping forward on left, step forward on right
- 1-2-3-4 Step forward left, drag right to beside left, step forward right, drag left to beside right
&5-6 Step forward on left, pivot turn ½ turn right stepping forward on right, step forward on left
7&8 Turn ¼ turn left stepping right to right side, close left to beside right, step right to right side

REPEAT
