

Hero No. 3

拍數: 48 牆數: 2 級數: Improver
編舞者: Alison Shelley & Elaine Aldridge
音樂: Hero (Metro Mix) - Enrique Iglesias



RIGHT & LEFT SIDE ROCKS, RIGHT & LEFT CROSS SHUFFLES

1-2 Rock right to right side, recover on left
3&4 Cross right in front of left, step left to left side, cross right in front of left
5-6 Rock left to left side, recover on right
7&8 Cross left in front of right, step right to right side, cross left in front of right

RIGHT & LEFT KICK BALL POINTS, RIGHT ROCK, RIGHT COASTER STEP

1&2 Kick right forward, step right next to left, point left to left side
3&4 Kick left forward, step left next to right, point right to right side
5-6 Rock forward on right, recover on left
7&8 Step back on right, step left next to right, step right forward

PADDLE TURNS ¼ TURN RIGHT, RIGHT ROCK, BACK LEFT LOCK STEP

1-2 Rock left to left side, recover on right (turning 1/8th right)
3-4 Rock left to left side, recover on right (turning 1/8th right) (making ¼ turn to right over 4 counts)
5-6 Rock forward on left, recover on right
7&8 Step back on left, step right across left, step back on left

RIGHT SAILOR, LEFT SAILOR ¼ TURN LEFT, RIGHT ROCK, TRIPLE ½ TURN RIGHT

1&2 Cross step right behind left, step left to left side, step right to right side
3&4 Cross step left behind right, step right ¼ turn left, step forward left
5-6 Rock forward on right, recover on left
7&8 Step right ¼ turn right, step left next to right, step right ¼ turn right.(making ½ turn right)

RIGHT & LEFT FRONT & SIDE KICKS, RIGHT & LEFT COASTER STEPS

1-2 Kick left forward, kick left to left side
3&4 Step back on left, step right next to left, step left forward
5-6 Kick right forward, kick right to right side
7&8 Step back on right, step left next to right, step right forward

LEFT & RIGHT FORWARD SHUFFLES, LEFT ROCK, FULL TURN LEFT TRIPLE

1&2 Step forward on left, step right next to left, step forward on left
3&4 Step forward on right, step left next to right, step forward on right
5-6 Rock forward on left, recover on right
7&8 Step left turning ½ turn left, step right next to left step left turning ½ turn left (stepping forward on left).(turning full turn left on right, left, right)

REPEAT