

From Zero To Hero

拍數: 32 牆數: 4 級數: Improver
編舞者: Ralf Stojetz (DE)
音樂: From Zero to Hero - Sarah Connor



STEP CROSS, ¼ TURN RIGHT, COASTER STEP, SHUFFLE FORWARD, HEEL SWITCHES

1-2 Step right across left, make a ¼ turn right and step back on left
3&4 Step back on right, step left next to right and step forward on right
5&6 Step forward on left, step right next to left and step forward on left
7&8 Touch right heel forward, step right next to left and touch left heel forward

& STEP, ½ BOUNCE TURN LEFT, STEP, ½ TURN LEFT, STEP, ½ TURN LEFT

&9 Step left next to right and step forward on right
10-12 Make a ½ turn left about 3 counts while bouncing your heels up and down for 3 times
13-14 Step forward on right, make a ½ turn left
15-16 Step forward on right, make a ½ turn left

SHUFFLE SIDE RIGHT, KICK AND TOUCH, SAILOR STEPS

17&18 Step right to right side, step left next to right and step right to right side
19&20 Kick left forward, step left next to right and touch right to right side
21&22 Step right behind left, step left to left side and step right to right side
23&24 Step left behind right, step right to right side and step left to left side

½ SWEEP TURN RIGHT, TOUCH TOGETHER, SHUFFLE FORWARD, STEP CROSS, BACK, COASTER STEP

25-26 Make a ½ turn right on left and sweep right around, touch right next to left
27&28 Step forward on right, step left next to right, step forward on right
29-30 Step left across right, step back on right
31&32 Step back on left, step right next to left and step forward on left

REPEAT

RESTART

On the 5th wall dance only the counts 1-16. Then start again. On the restart (this is the 6th wall) you're facing 9:00.

TAG

Only at the end of the 10th wall (you're facing 12:00) add the following steps. Then start again.

HIP BUMPS

1-2 Step right to right side and bump hips to the right, bump hips to the left
3-4 Bump hips to the right, bump hips to the left