

Hero

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Leigh Huckel (AUS) - August 2007
音樂: Hero - Mariah Carey : (Album: Music Box)



Intro: 16 counts

- 1-4 CROSS ROCK, RECOVER, STEP SIDE, CROSS ROCK, RECOVER, 1/4 RIGHT STEP FORWARD
1,2& Rock L foot across in front of R foot, recover weight to R foot, step L foot to L
3,4& Rock R foot across in front of L foot, recover weight to L foot, (**), turn 1/4 R step R foot forward
- 5-6 STEP 1/2 TURN, 1/4 TURN STEP SIDE & DRAW
1&2 Rock L foot forward, turning 1/2 R recover weight to R foot, turning 1/4 R step L foot to L while drawing R foot to L foot
- 7-9 BEHIND, SIDE, CROSS FRONT, SIDE ROCK, 1/4 R RECOVER, SWEEP
1&2& Cross R foot behind L foot, step L foot to L, cross R foot in front of L foot, rock L foot to L
3& Turning 1/4 R recover weight to R foot, sweep L foot around from back to front
- 10-11 FORWARD, SWEEP, TWICE
1& Step L foot forward, sweep R foot around from back to front
2& Step R foot forward, sweep L foot around from back to front
- 12-14 QUICK FORWARD, COASTER 6
1&2& Step L foot forward, step R foot next to L foot, step L foot back, step R foot next to L foot
3& Step L foot forward, step R foot next to L foot
- 15-16 DIAGONAL BACK, LOCK, BACK, 1/4 R STEP SIDE
1&2& Step L foot diagonal back & L, lock R foot in front of L foot, step L foot diagonal back & L, turning 1/4 R step R foot to R
- 17-19 CROSS SHUFFLE TO A CROSS ROCK, RECOVER, 1/8 L STEP SIDE
1& Cross L foot in front of R foot, step R foot to R
2&3 Rock L foot across in front of R foot, recover weight to R foot, turning 1/8 L step L foot to L
- 20-21 FORWARD, 1/2 R ROLL
1&2 Step R foot forward, turning 1/2 R step L foot back, step R foot back
- 22-24 FORWARD FULL L ROLL TO A FORWARD SHUFFLE
1& Step L foot forward, turning 1/2 L step R foot back
2&3 Turning 1/2 L step L foot forward, step R foot next to L foot, step L foot forward
- 25-26 BACK, 1/4 L SWEEP, BACK, 1/8 R SWEEP
1& Step R foot back, turning 1/4 L sweep L foot around from front to back
2& Step L foot back, turning 1/8 R sweep R foot around from front to back
- 27-30 SAILOR, BACK, CROSS, SWEEP, FRONT VINE 2
1&2& Cross R foot behind L foot, rock L foot to L, recover weight to R foot, step L foot back
3& Cross R foot in front of L foot, sweep L foot around from back to front
4& Cross L foot in front of R foot, step R foot to R

31-32 SIDE WITH HIP SWAY 2 WITH DRAW
1,2 Step L foot to L swaying hips L, sway hips R while drawing L foot to R foot

Restart Dance in New Direction

TAG: At the END of wall 2 do the following

1,2& Rock L foot across in front of R foot, recover weight to R foot, step L foot to L
3&4& Cross R foot in front of L foot, step L foot to L, cross R foot behind L foot, step L foot to L
5,6& Rock R foot across in front of L foot, recover weight to L foot, step R foot to R
7&8& Cross L foot in front of R foot, step R foot to R, cross L foot behind R foot, step R foot to R

RESTARTS:

At the END of the 2nd sequence ADD the TAG

ON the 5th sequence dance up to beat 4 () making it a step to the side and not a 1/4 turn then restart.**
