

Hero

拍數: 0 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - February 2010
音樂: Hero (Almighty Anthem Radio Edit) - Almighty Cover Girlz



Start after 16 count intro

Part A: (Dance Part A TWICE)

(1-8) R Fwd, L Fwd, ½ R Pivot, ½ R & L Back, R Coaster Cross, L Side Rock Cross, ¼ L Hinge Turn, L Side

- 1 Step R forward
- 2&3 Step L forward, pivot ½ right, turning ½ right step L back
- 4&5 Step R back, step L together, cross step R over L
- 6&7 Rock L side, recover weight on R, cross step L over R
- 8& Turning ¼ left step R back, step L side (9 o'clock)

(9-16) R Cross Rock Recover, Full Turn R, L Cross Rock Recover, L NC Basic, ¼ L Rock Recover, Touch R

- 1-2 Cross rock R over L, recover weight on L
- &3 Turning ¼ right step R forward, turning ½ right step L back
- &4& Turning ¼ right step R side, cross rock L over R, recover weight on R
- 5 Step L side
- 6& Rock R back, recover weight on L
- 7&8 Turning ¼ left rock R side, recover L, touch R together (6 o'clock)

Part B: (EZ TAG/RESTART on walls 2 & 4 facing back wall)

(1-8) R Cross Rock & Recover, R Side, L Heel Fwd, Hold, L Ball Cross, L Side, R Sailor

- 1-2 Cross rock R over L, recover weight on L (rocking to your left diagonal as you cross rock)
- &3-4 Step R side, touch L heel on forward diagonal, hold
- &5-6 Step L back, cross step R over L, step L side
- 7&8 Cross step R behind L, step L side, step R side

(9-16) L Cross Rock & Recover, L Side, R Heel Fwd, Hold, R Ball Cross, ¼ L, ½ L & Fwd Shuffle

- 1-2 Cross rock L over R, recover weight on R (rocking to your right diagonal as you cross rock)
- &3-4 Step L side, touch R heel on forward diagonal, hold

DURING 2nd wall complete 1st 12 counts and then dance the following 4 counts & RESTART

- &5-6 Step R back, cross step L over R, step R side
- 7&8 Cross step L behind R, step R side, step L side

- &5-6 Step R back, cross step L over R, turning ¼ left step R back (3 o'clock)
- 7&8 Turning ½ left step L forward, step R together, step L forward

(17-24) R Fwd, L Scuff, L Fwd Rock & Recover, ½ L Shuffle, R Fwd, ¼ L Pivot Turn

- 1-4 Step R forward, scuff L forward, rock L forward, recover weight on R
- 5&6 Turning ½ left step L forward, step R together, step L forward (9 o'clock)
- 7-8 Step R forward, pivot ¼ left (6 o'clock)

(25-32) L Weave 2, R Sailor, R Weave 2, L Sailor

- 1-2 Cross step R over L, step L side
- 3&4 Cross step R behind L, step L side, step R side
- 5-6 Cross step L over R, step R side
- 7&8 Cross step L behind R, step R side, step L side (towards L diagonal) (5:30)

ENDING: DURING 7th & final wall dance as far as count 32 & strike a pose!

(33-40) On Diagonal: L Full Turn Fwd, R Fwd Rock & Recover, 1½ Turn R, L Fwd

- 1-2 Travelling towards L diagonal (5:30): Turning ½ left step R back, turning ½ left step L forward
3-4 Rock R forward, recover weight on L
5-6 Turning ½ right step R forward, turning ½ right step L back
7-8 Turning ½ right step R forward, step L forward on L diagonal (11:30)

Non-turning 8: Walk fwd R, L, R fwd rock & recover, turn ½ R & walk fwd R, L, R, L

(41-48) R Fwd, L Point, ? R & L Together, R Point, ¼ R & R Together, L Point, R Weave 2, L Behind-Side-Cross

- 1 On left diagonal step R forward
2&3 Point L side, turning ? right step L together (to square to wall), point R side (12 o'clock)
&4-6 Turning ¼ right step R together, point L side, cross step L over R, step R side (3 o'clock)
7&8 Cross step L behind R, step R side, cross step L over R

(49-56) R Side, Hold, L Sailor, R Sailor, L Fwd, ½ R & R Hook

- 1-2 Step R side, hold
3&4 Cross step L behind R, step R side, step L side
5&6 Cross step R behind L, step L side, step R side
7-8 Step L forward, turn ½ right on L and hook R across L (9 o'clock)

(57-64) R Fwd Shuffle, L Fwd, ¼ R Pivot Turn, R Weave 2, ½ Hinge L Chassé

- 1&2 Step R forward, step L together, step R forward
3-6 Step L forward, pivot ¼ right, cross step L over R, step R side
7&8 Turning ½ left step L side, step R together, step L side (6 o'clock)

TAG: At the END of wall 4 (facing back) dance the following 8 count tag and RESTART

- 1-2& R cross rock & recover, R side
3-4& L cross rock & recover, L side
5-8 R fwd, ½ L pivot turn, R fwd, ½ L pivot turn

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