

My Hero!

拍數: 32 牆數: 4 級數: Intermediate NC
編舞者: Niels Poulsen (DK) - May 2011
音樂: Hero - Enrique Iglesias



Intro: 16 counts from first beat in music (app. 14 secs into track). Weight on L

[1 – 9] R basic, L vine, cross rock, & side R, cross, ¼ L, ¼ L, cross, ¼ L with R sweep fw

- 1, 2&3 Step R to R side (1), step L behind R (2), cross R over L (&), step L to L side (3) [12:00]
- 4&5 Cross R behind L (4), step L to L side (&), cross rock R over L (5) [12:00]
- 6&7 Recover back to L (6), step R to R side (&), cross L over R (7) [12:00]
- &8&1 Turn ¼ L stepping back on R (&), turn ¼ L stepping L to L side (8), cross R over L (&), turn ¼ L stepping L fw and sweeping R fw (1) [3:00]

[10 – 16] Run R L diagonally L, rock fw R, back L and R, L back rock, side rock, cross L over R

- 2&3 Turn 1/8 L running fw on R (2), run fw on L (&), rock fw on R (3) Note for wall 1: you hit the lyrics 'would you run'... [1:30]
- 4& Recover back on L (4), step back on R (&) [1:30]
- 5 – 6 Rock back on L foot opening body to L side (5), recover fw on R (6) Note for wall 1: look over your L shoulder when rocking back on L (count 5) to hit the lyrics: never look back [1:30]
- 7 – 8& Square up to 3:00 rocking L to L side (7), recover on R (8), cross L over R (&) * Restart on wall 6 (facing 6:00) [3:00]

[17 – 24] ½ Diamond, R side rock, cross ¼ R, back R, beginning of L coaster

- 1, 2&3 Step R to R side (1), turn 1/8 L stepping back on L (2), step back on R (&), turn 1/8 L stepping L to L side (3) [12:00]
- 4&5 – 6 Turn 1/8 L stepping fw on R (4), step fw on L (&), turn 1/8 L rocking R to R side (5), recover weight to L (6) [9:00]
- &7& Cross R over L (&), turn ¼ R stepping back on L (7), walk back on R (&) [12:00]
- 8& Step L back (8), step R next to L (&) 12:00]

[25 – 32] Fw L R L with sweeps, R jazz ¼ R, cross rock side, touch together

- 1 – 3 Step L fw sweeping R fw (1), walk R fw sweeping L fw (2), walk L fw sweeping R fw (3) [12:00]
- 4&5 Cross R over L (4), turn ¼ R stepping back on L (&), step R to R side (5) [3:00]
- 6&7 Cross rock L over R (6), recover on R (&), step L to L side (7) [3:00]
- 8 Bend slightly in L knee sliding R next to L (8) [3:00]

Begin again!...

Tag: After wall 3 (facing 9:00) and after wall 5 (facing 3:00) there's a 4 count tag where you do a R and L basic night club step, then restart dance from count 1:

- 1 – 2& Step R a big step to R side (1), step L behind R (2), cross R over L (&) [9:00]
- 3 – 4& Step L a big step to L side (3), step R behind L (4), cross L over R (&) [9:00]

Restart: After 16 counts of wall 6 you restart the dance, facing 6:00

Ending: To end facing 12:00 you do the following: You begin wall 10 facing 3:00. Do up to count 14 (facing 4:30). When stepping L to L side (count 7) sweep 5/8 R to face 12:00 [12:00]

Contact: niels@love-to-dance.dk - www.love-to-dance.dk