

Broken Heroes

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sandy Kerrigan (AUS) - September 2012
音樂: Broken Heroes - Chris Norman : (Album: Greatest Hits)



Step Side, Back Rock, Step Side Back Rock, ¼ Back ½ Fwd, Pivot ½ Turn, Step Fwd

1 2 & Step R to R-Dragging L to R, Rock Back L, Replace Fwd to R
3 4 & Step L to L-Dragging R to L, Rock Back R, Replace Fwd to L
5 6 & ¼ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, Step Fwd R 3:00
7 8 Pivot Turn ½ Left, Step Fwd R 9:00

Rock Fwd with ½ Turn, Step Fwd Sweep, Cross, Side, Rock Back L, Rock Back R, Together

1 2 & 3 Rock Fwd L, Replace Back to R, ½ Turn L Step Fwd L, Step Fwd R-Sweeping L
4 & Cross L over R, Step R To R Side
5 6 & Rock Back L, Replace Fwd to R, Step L to L Side
7 8 & Rock Back R, Replace Fwd to L, Step R next to L

Back Drag Across, Back, Back Drag Across, Back, Rock with ½ Turn, ¼ Side, Fwd, Fwd, Cross

1 2 & Step Back L (Body facing Side L45°) Drag R to Cross over L, Step Back L
3 4 & Step Back R (Body facing Side R45°) Drag L to Cross over R, Step Back R
5 6 & ½ Turn L Step Fwd L 9:00 Replace Back to R, ¼ Turn L Step L to L 6:00 (push turn)
7 8 ¼ Turn L Cross R over L (swivel action) Cross L over R

Right Mambo Step, Left Mambo Step, Rock Fwd with ½ Turn, Walk, and Walk

1 2 & Rock Fwd R, Replace Back to L, Step Back on R
3 4 & Rock Back L, Replace Fwd to R, Step Fwd L
5 6 & Rock Fwd R, Replace Back to L, ½ Turn R Step Fwd R
7 8 Walk Fwd L, Walk Fwd R

¼ Ball Cross, Step Side, Back Rock, ¼ Back, ½ Fwd, Fwd with ½ Pivot Turn, Diagonal Walks

& 1 2 ¼ R Step L to L Side, Cross R over L, Replace Back to L
& 3 4 Step R to R Side, Rock Back L (facing 10:00) Replace to R
& 5 6 & ¼ R Step Back L (facing 3:00) ½ R Step Fwd R, Step Fwd L, ½ Pivot Turn R
7 8 Walk Fwd L, Walk Fwd R (to face 4:00)** Walls 1 and 3

Rock with ½ Turn L, Step Fwd R Sweeping L, Cross, Side, Behind, Sweep Behind, ¼ Fwd, Step Fwd, Side Rock, Cross

1 2 & Rock Fwd L, Replace Back to R, ½ L Step Fwd L (1/2 L diagonal turn)
3 4 & 5 Step Fwd R-Sweeping L, Cross L over R, Step R to R(turn to 9:00), Step L behind R-Sweeping R
6 & 7 Cross R Behind L, ¼ L Step Fwd L, Step Fwd R,
& 8 & Rock L to L, Replace to R, Cross L over R 6:00

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Note: **Wall 1 and 3 - start facing 12:00 Wall - add the following tag

1 2 & Step Fwd L, ¼ Pivot Turn R, Cross L over R (turn to 6:00)
3 4 Lunge R to R Side, Replace to L-Dragging R to Meet L 6:00

Special Note:

Choreography is rewarding, but there can be many obstacles along the way.

As my mind searches for that special creativity, I mostly find it.

When I'm looking for inspiration I turn to my Aunt Rosemary. she is always there!

This dance is dedicated to The Australia Armed forces!
Whilst we are sleeping peacefully, The Australian armed forces both men and women, are protecting our lives
before their own.
Lest we forget!

Contact: lassoo@optusnet.com.au - <http://www.kerrigan.com.au> / 0412 723 326
