

You're The Hero

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Improver NC
编舞者: Niels Poulsen (DK) & Shane McKeever (N.IRE) - December 2019
音乐: Hero - Mariah Carey : (iTunes)



Intro: Start after 16 counts. Start with weight on R. START FACING 6:00 !!!

***1 Restart: On wall 3, which starts facing 6:00. Restart after 8 counts, now facing 12:00**

***1 Tag: On wall 5, which starts facing 6:00. Tag comes after 32 counts, now facing 12:00.**

***Tag described in detail below**

[1 – 8] ½ R sweep, behind side, cross rock, & prissy walks LR, L rocking chair

- 1 Turn ½ R on R stepping back on L sweeping R out to R side (1) 12:00
 - 2& Cross R behind L (2), step L to L side (&) 12:00
 - 3 – 4 Cross rock R over L (3), recover back on L (4) 12:00
 - &5 – 6 Step R a small step to R side (&), walk L fwd and slightly in front of R (5), walk R fwd and slightly in front of L (6) 12:00
 - 7&8& Rock L fwd (7), recover back on R (&), rock back on L (8), recover fwd onto R (&) ... 12:00
- * Restart on wall 3, after 8 counts, facing 12:00**

[9 – 16] ½ R, ¼ R sway sway, 2 quick sways, R basic, L vine, cross

- 1 – 3 Turn ½ R stepping back on L (1), turn ¼ R stepping/swaying R to R side (2), sway L to L side (3) 9:00
- 4& Sway R to R side (4), sway L to L side (&) 9:00
- 5 – 6& Step R a big step to R side (5), close L behind R (6), cross R over L (&) 9:00
- 7&8& Step L to L side (7), cross R behind L (&), step L to L side (8), cross R over L (&) 9:00

[17 – 24] L basic, ½ sweep L, 1/8 L run run rock, Hold/Reach, back sweep X 2

- 1 – 2& Step L a big step to L side (1), close R behind L (2), cross L over R (&) 9:00
- 3 Step R to R side turning ½ L and sweeping L out to L side at the same time (3) 3:00
- 4&5 Continue turning 1/8 on R walking L fwd (4), walk R fwd (&), rock L fwd starting to reach R arm fwd with palm facing up (5) ...

(Note: Mariah sings REACH...) 1:30

- 6 – 8 Finish reaching R arm up (6), recover back on R sweeping L to L side (7), walk back on L sweeping R to R side (8) 1:30

[25 – 32] R back rock, fwd sway LR, 1/8 L sweep, weave sweep, behind side, prissy walk LR

- 1 Rock back on R (1) 1:30
- 2&3 Recover fwd onto L swaying body fwd (2), recover back on R swaying body back (&), recover onto L turning 1/8 L sweeping R fwd (3) 12:00
- 4&5 Cross R over L (4), step L to L side (&), cross R behind L sweeping L to L side (5) 12:00
- 6& Cross L behind R (6), step R to R side (&) 12:00
- 7 – 8 Walk L fwd and slightly in front of R (7), walk R fwd and slightly in front of L (8) 12:00

TAG – 4 counts/after wall 5, facing 12:00 1 – 4 Rock L fwd, Hold/point, recover R, L back rock

- 1 – 3 Rock L fwd starting to raise L arm and pointing L index finger fwd (Mariah sings 'YOU') (1), finish arm raise (2), drop L arm and recover back on R (3) 12:00
- 4& Rock back on L (4), recover fwd onto R (&) 12:00

Contacts:-

Niels Poulsen (Denmark) nielsbp@gmail.com & Shane McKeever (Ireland) smckeever07@hotmail.com