

Your Hero

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tim Hand (USA)
音乐: Hero (Metro Mix) - Enrique Iglesias



1st place 2002 Dance Team Showdown in Fort Wayne, IN

FOOT SWEEP, TRIPLE STEP, HIP BUMPS

- 1 Sweep right foot around in front of left
- 2 Step on right
- 3&4 Step left to side, step together with right, step to side with left
- 5-6-7-8 Bump hips right left right left

SAILOR STEP, SAILOR STEP WITH A ¼ TURN SHUFFLE FORWARD ROCK STEP

- 1&2 Step right foot crossed behind left, step left foot to side, step right foot slightly forward
- 3&4 Step left foot crossed behind right, step right to side, step left forward making a ¼ turn left
- 5&6 Step right foot forward, step left together, step right forward
- 7-8 Rock forward on left, recover on right

HOP BACK, HIP BUMPS WITH ¼ TURN, ½ TURN, COASTER STEP

- &1 Step left foot back, step right foot to the side of left
- 2-3-4 Bump hips to left then right make a ¼ turn left as you bump hips to left
- 5 Step right foot forward
- 6 Pivot ½ turn to left (weight stays on right)
- 7&8 Step left foot back, step right foot together, step left foot forward

SHUFFLE FORWARD, OUT AND CROSS WITH ¼ TURN RIGHT, WEAVE RIGHT

- 1&2 Step right foot forward, step left together, step right foot forward
- 3&4 Step left forward making ¼ turn right, step right in place, cross left in front
- 5-6-7-8 Step right to side, step left behind right, step right to side, cross left in front of right

REPEAT