Cartoon Heroes



拍数: 32 墙数: 4 级数: Intermediate/Advanced

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音乐: Cartoon Heroes - Aqua



Additional styling tips provided by Eve "Wonder Woman" Yeaton

WALK FORWARD, TOUCH OUT & BACK, KICK OUT, SAILOR SHUFFLE

1-2 Walk forward right, left

3-4 Touch side right, touch right behind left and bend knees slightly Hand movements: (3) raise right diagonal right; (4) point right down diagonal left

5-6 Step right forward, kick left foot

7&8 Cross step left behind right, step right to right side, step left to left

STEP AND CROSS, TOUCH AND CROSS, STEP AND CROSS, TOUCH AND SIDE SHUFFLE

&1 Step down on right, cross left in front of right

2-3 Touch right side right, cross right over left (move in exaggerated forward motion)

4 Step down on left

5 Cross right behind left (move in exaggerated backward motion)

6 Touch left side left

7&8 Cross left behind right, step side right, cross left in front of right

STEP FORWARD & PIVOT, KICK & KICK, KICK & LEAN BACK & FORWARD, KICK & PIVOT 1/4 RIGHT

1-2 Step forward right, pivot ½ turn left shifting weight to left

3&4& Kick out right, step down on right, kick out left, step down on left

Kick forward right and lean back, slightly hitch right knee (as you center)
Lean forward and kick back right, slightly hitch right knee (as you center)

Hand movements: (5-6) position hands straight down in a fist (5), position hands flying forward in "Superman"

mode (6)

7&8 Hitch right knee forward, pivot ¼ turn right and step down on right, step down on left

& POINT & HOLD, CROSS BEHIND & STEP, HEEL FORWARD & BACK, HEEL FORWARD & STEP

&1-2 Hitch right foot up & point right toe side right - slightly lean body to left, hold

Hand movements: (1-2) hold left straight up in fist with elbow bent at 45 degree angle - palm facing forward (fist should be even with forehead) and point right down diagonal right

3-4 Cross right foot behind left, step left next to right apart slightly

5-6 Bend back slightly and touch right heel forward, return to upward position and touch right

next to left

Hand movements: (5) cross arms against chest, fists closed & palms diagonally facing inward to chest (6) relax hands down

7& Bend back slightly and touch right heel forward, return to upward position and step down on

right

Hand movements: (7) cross arms against chest, fists closed & palms diagonally facing inward to chest (&) relax hands down

8 Step forward left

REPEAT

TAG

On 4th wall there is a 4 count tag following the Cartoon Heroes Chorus

1-2 Step forward right, pivot ½ turn left

3-4 Repeat

Begin dance again from count 1

