拍数： 32
壇数： 4
级数：Intermediate
编舞者：Leigh Huckel（AUS）－August 2007
音乐：Hero－Mariah Carey ：（Album：Music Box）


Intro： 16 counts
1－4 CROSS ROCK，RECOVER，STEP SIDE，CROSS ROCK，RECOVER， $1 / 4$ RIGHT STEP FORWARD
1，2\＆Rock $L$ foot across in front of $R$ foot，recover weight to $R$ foot，step $L$ foot to $L$
$3,4 \& \quad$ Rock $R$ foot across in front of $L$ foot，recover weight to $L$ foot，（＊＊），turn $1 / 4 R$ step $R$ foot forward

5－6 STEP 1／2 TURN，1／4 TURN STEP SIDE \＆DRAW
Rock $L$ foot forward，turning $1 / 2 R$ recover weight to $R$ foot，turning $1 / 4 R$ step $L$ foot to $L$ while drawing $R$ foot to $L$ foot

BEHIND，SIDE，CROSS FRONT，SIDE ROCK，1／4 R RECOVER，SWEEP
Cross $R$ foot behind $L$ foot，step $L$ foot to $L$ ，cross $R$ foot in front of $L$ foot，rock $L$ foot to $L$ Turning $1 / 4 \mathrm{R}$ recover weight to $R$ foot，sweep $L$ foot around from back to front

FORWARD，SWEEP，TWICE
1\＆
Step $L$ foot forward，sweep $R$ foot around from back to front
Step $R$ foot forward，sweep $L$ foot around from back to front
QUICK FORWARD，COASTER 6
1\＆2\＆Step L foot forward，step $R$ foot next to $L$ foot，step $L$ foot back，step $R$ foot next to $L$ foot

15－16 DIAGONAL BACK，LOCK，BACK，1／4 R STEP SIDE
1\＆2\＆Step $L$ foot diagonal back \＆$L$ ，lock $R$ foot in front of $L$ foot，step $L$ foot diagonal back \＆$L$ ， turning $1 / 4 \mathrm{R}$ step R foot to R

CROSS SHUFFLE TO A CROSS ROCK，RECOVER， $1 / 8$ L STEP SIDE
Cross $L$ foot in front of $R$ foot，step $R$ foot to $R$
Rock $L$ foot across in front of $R$ foot，recover weight to $R$ foot，turning $1 / 8 L$ step $L$ foot to $L$
FORWARD，1／2 R ROLL
20－21
Step R foot forward，turning $1 / 2 \mathrm{R}$ step L foot back，step R foot back
22－24
FORWARD FULL L ROLL TO A FORWARD SHUFFLE
Step $L$ foot forward，turning $1 / 2 L$ step $R$ foot back
Turning $1 / 2 L$ step $L$ foot forward，step $R$ foot next to $L$ foot，step $L$ foot forward
BACK， $1 / 4$ L SWEEP，BACK，1／8 R SWEEP
Step $R$ foot back，turning $1 / 4 \mathrm{~L}$ sweep $L$ foot around from front to back
Step $L$ foot back，turning $1 / 8 \mathrm{R}$ sweep R foot around from front to back
SAILOR，BACK，CROSS，SWEEP，FRONT VINE 2

Cross $L$ foot in front of $R$ foot，step $R$ foot to $R$

## Restart Dance in New Direction

TAG: At the END of wall 2 do the following
1,2\& $\quad$ Rock $L$ foot across in front of $R$ foot, recover weight to $R$ foot, step $L$ foot to $L$
3\&4\& Cross $R$ foot in front of $L$ foot, step $L$ foot to $L$, cross $R$ foot behind $L$ foot, step $L$ foot to $L$
5,6\& Rock $R$ foot across in front of $L$ foot, recover weight to $L$ foot, step $R$ foot to $R$
7\&8\& Cross $L$ foot in front of $R$ foot, step $R$ foot to $R$, cross $L$ foot behind $R$ foot, step $R$ foot to $R$
RESTARTS:
At the END of the 2nd sequence ADD the TAG
ON the 5th sequence dance up to beat 4 (**) $^{*}$ making it a step to the side and not a $1 / 4$ turn then restart.

