

Lao Hero

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: BM Leong (MY) - October 2015
音樂: Lao Hero (老Hero) - Li Xiao Zhen (李小珍)



Intro: 32 counts. (Special Request)

S1: SIDE, TOUCH, SIDE, TOUCH, MONTEREY 1/2 TURN RIGHT

1-2 Step R to right side, touch L together
3-4 Step L to left side, touch R together
5-6 Point R to right side, 1/2 turn right step R together
7-8 Point L to left side, step L together

S2: SIDE, KICK, SIDE, KICK, PADDLE 1/4 TURN LEFT X 2

1-2 Step R to right side, kick L over R
3-4 Step L to left side, kick R over L
5-6 Step R forward, paddle 1/4 turn left
7-8 Step R forward, paddle 1/4 turn left

S3: LEFT & RIGHT NEW YORKER

1-2 Cross R over L, recover onto L
3&4 Cha cha to right side on RLR
5-6 Cross L over R, recover onto R
7&8 Cha cha to left side on LRL

S4: RIGHT ROLLING VINE, TOUCH, LEFT VINE, TOUCH

1-2 1/4 turn right step R forward, 1/4 turn right step L to left side
3-4 1/2 turn right step R to right side, touch L together
5-6 Step L to left side, cross R behind L
7-8 Step L to left side, touch R together

S5: FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, FORWARD ROCK, COASTER STEP

1-2 Rock R forward, recover onto L
3&4 Triple 1/2 turn right on RLR
5-6 Rock L forward, recover onto R
7&8 Coaster step LRL

S6: SLOW WALK IN A CIRCLE

1-2 1/4 turn right stepping R forward, hold
3-4 1/4 turn right stepping L forward, hold
5-6 1/4 turn right stepping R forward, hold
7-8 1/4 turn right stepping L forward, touch R together

TAG at the end of walls 2 & 8

1-4 Touch right toes forward, step right heel down, touch left toes forward, step left heel down

RESTART during wall 3 after 24 counts and during wall 6 after 32 counts.

Contact: www.sjlinedancer.blogspot.com