

# No Hero

拍數: 32      牆數: 4      級數: Improver  
編舞者: Isabelle Guimiot (CAN) - November 2023  
音樂: No Hero - Jessta James



Intro: 16 counts.

Tag: after walls 2 and 5, facing 6:00

**[1 - 8] Stomp fwd, hold, rock fwd, ¼ turn side triple, cross, ¼ turn.**

1 2            Stomp R fwd, hold (12:00)  
3 4            Rock L fwd, recover R (12:00)  
5 & 6          ¼ turn left step L to L, step R together, step L to L (9:00)  
7 8            Cross R over L, ¼ turn right step L back (12:00)

**[9 - 16] ¼ turn, hold, step ½ turn step ¼ turn, and cross and heel jack.**

1 2            ¼ turn right step R to R, hold (3:00)  
3 4            Step L fwd, ½ turn right recover R (9:00)  
5 6            Step L fwd, ¼ turn right recover R (12:00)  
7 & 8 &        Cross L over R, step R to R, heel L fwd diagonal, L together (12:00)

**[17 - 24] Cross, hold, ¼ turn coaster step, full turn, step fwd.**

1 2 3          Cross R over L, hold, ¼ turn right step L back (3:00)  
4 & 5          Step R back, step L together, step R fwd (3:00)  
6 7            ½ turn right step L back, ½ turn right step R fwd (3:00)  
8              step L fwd (3:00)

**[25 - 32] kick ball point, kick ball point, step ½ turn, full turn.**

1 & 2          Kick R fwd, step R next to L, point L to L (3:00)  
3 & 4          Kick L fwd, step L next to R, point R to R (3:00)  
5 6            Step R fwd, ½ turn left recover L (9:00)  
7 8            ½ turn left step R back, ½ turn left step L fwd (9:00)

Tag: 8 counts after walls 2 and 5, facing 6:00

**[1 - 8] Stomp fwd, hold, step ½ turn, ¼ turn side triple, back rock.**

1 2            Stomp R fwd, hold (6:00)  
3 4            Step L fwd, ½ turn right recover R (12:00)  
5 & 6          ¼ turn right step L to L, step R together, step L to L (3:00)  
7 8            Rock R back, recover L (3:00)

Have fun!