Cape of Our Hero

拍數: 32

級數: High Beginner

編舞者: Anja Brinch (DK) - September 2013

音樂: Cape of Our Hero - Volbeat

Intro: 56 counts	
R diagonal step lock, step lock step, L diagonal step lock, step lock step	
1-2	Step R to R diagonal, lock L behind R
3&4	Step R to R diagonal, lock L behind R, step R to R diagonal
5-6	Step L to L diagonal, lock R behind L
7&8	Step L to L diagonal, lock R behind L, Step L to L diagonal
R Jazz box, R chasse, cross rock recover	
1-2	Cross R over L, step back on L
3-4	Step R to R side, cross L over R
5&6	Step R to R side, step L next to R, step R to R side
7-8	Step L across R, recover on R
L chasse ¼ turn, pivot ½ turn, side rock, cross shuffle	
1&2	Step L to L side, step R next to L, step L ¼ turn L
3-4	Step R fw, pivot ½ turn left
5-6	Rock R to R side, recover on L
7&8	Cross R over L, step L to L, cross R over L
Side rock, sailor ¼, pivot ½ turn, heel switches	
1-2	Rock L to L side, recover on R
3&4	Cross L behind R turning $\frac{1}{4}$ L, step R to R side, chance weight to L
5-6	Step R fw, pivot ½ turn left
7&8&	Touch R heel forward, step R beside L, touch L heel forward, step L beside R $$
Tags: Tag 1 after walls 1, 3, 4 – Tag 2 after wall 2	

Tag 1: 8 counts - Grapevine R touch, grapevine L scuff

- 1-2 Step R to R side, step L behind R
- 3-4 Step R to R side, touch L next to R
- 5-6 Step L to L side, step R behind L
- 7-8 Step L to L side, scuff R next to L

Tag 2: 16 counts – Grapevine R touch, grapevine L scuff, 4 x paddle turns L

- 1-2-3-4 Step R to R side, step L behind R, Step R to R side, Touch L next to R
- 5-6-7-8 Step L to L side, step R behind L, Step L to L side, Scuff R next to L
- 1-2-3-4 Step R fw, paddle ¼ turn L, Step R fw, paddle ¼ turn L
- 5-6-7-8 Step R fw, paddle ¼ turn L, Step R fw, paddle ¼ turn L

Ending: Wall 10 dance first 8 counts and make pivot 1/2 turn Left

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秘要: High B





牆數:2