

My own hero

Choreographer: Christina Yang(KOR)- Jul. 2019

Count: 16 Wall: 4 Level: Improver Type: Rolling 8 counts

Music: My own hero by Andy Grammer

** I made this work was inspired by dance of Min Line dance who one of the most famous line dance performance group in Korea **

Start the dance on lyrics "Life"

SECTION 1: 3 STEPS RUNNING TO FORWARD, 3 STEPS RUNNING TO BACKWARD, LONG STEP TO BACK, COASTER, FORWARD, 1/2 TURN TO L WITH CHASE TURN, 1/4 TURN TO R WITH SIDE, 1/2 TURN TO R WITH SWEEP, SAILOR STEP

- 1&a LF forward, RF forward, LF forward
- 2&a RF backward, LF backward, RF backward
- 3 LF long step to backward
- 4&a RF backward, LF closed RF, RF forward
- 5 LF forward
- 6&a RF forward rock, 1/2 turn to L with LF recover, RF forward
- 7 1/4 turn to R with LF side and 1/2 turn to R with RF sweep from front to back
- 8&a RF cross behind LF, LF closed RF, RF forward

SECTION 2: CROSS, 1/8 TURN TO L WITH HITCH, CROSS, 1/8 TURN TO R WITH HITCH, FORWARD ROCK, RECOVER, 1/2 TURN TO L WITH FORWARD, FORWARD, FORWARD AND 1/2 TURN TO R, FORWARD, 1/2 TURN TO R WITH PIVOT, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE

- 1&a LF cross over RF, 1/8 turn to L while RF hitch(&a)
- 2&a RF cross over LF, 1/8 turn to R while LF hitch(&a)
- 3 LF forward rock
- 4&a RF recover, 1/2 turn to L with LF forward, RF forward
- 5 LF forward and 1/2 turn to R(weight on LF)
- 6&a RF forward, LF forward, weight change to RF while 1/2 turn to R
- 7&a LF cross rock, RF recover, LF side
- 8&a RF cross rock, LF recover, RF side

NO TAG, NO RESTART

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