

Heroes And Friends

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Count: 60 **Wall:** 2 **Level:** Intermediate waltz

Choreographer: Jennifer Hughes February 2018 (Aus)

Music: Randy Travis - Heroes And Friends (Remix) Album: I Told You So - Ultimate Hits - (3:12)(iTunes)

Dance Starts: 12 Count Intro, Start On Vocals - VERSION: 1.0

[1 - 12] FWD WALTZ, BACK WALTZ, FWD, ¼, SWEEP, ACROSS WALTZ

- 1, 2, 3 Waltz fwd Stepping L fwd, Step R beside L, Step L beside R
- 4, 5, 6 Waltz back Stepping R back, Step L beside R, Step R beside L - 12.00
- 1, 2, 3 Step fwd on L, Turn 1/4L on ball of L Sweeping R toe to R, Hold
- 4, 5, 6 Cross Waltz Stepping R over L, Step L beside R, Step R beside L - 9.00

[13 - 24] STEP FWD, TOUCH, HOLD, BACK WALTZ, STEP FWD, STEP FWD, ¼ TURN, STEP ACROSS, STEP SIDE, STEP BEHIND

- 1, 2, 3 Step L fwd, Touch R toe beside L, Hold
- 4, 5, 6 Waltz back Stepping R back, Step L beside R, Step R beside L
- 1, 2, 3 Step L fwd, Step R fwd, Pivot Turn 1/4 L Stepping on L
- 4, 5, 6 Cross Step R over L, Step L to L side, Step R behind L - 6.00

[25 - 36] STEP SIDE, DRAG, TOUCH, FULL TURN R, ACROSS WALTZ, CROSS STEP, HOLD

- 1, 2, 3 Step L to L, Drag R toe to L (wt. on L), Hold
- 4, 5, 6 Turning ¼ R Step fwd on R, Turning ½ R Step back on L, Turning 1/4 R Step R to R - 6.00
- 1, 2, 3 Cross Waltz Stepping L over R, Step R beside L, Step L beside R
- 4, 5, 6 Cross/Step R over L (facing 4.30), Hold, Hold - 6.00

[37 - 48] WALTZ BACK, STEP ACROSS, ¼ TURN, STEP BESIDE, STEP FWD, STEP FWD, PIVOT 1/2 TURN

- 1, 2, 3 Waltz back Stepping L back, Step R beside L, Step L beside R
- 4, 5, 6 Cross/Step R over L, Turn ¼ R Step L beside R, Step R beside L - 3.00
- 1, 2, 3 Step fwd L, Step fwd R, Pivot Turn ½ L Step fwd L - 9.00
- 4, 5, 6 Step fwd R, Step fwd L, Pivot Turn ¼ R Step on R - 6.00

[49 - 60] FWD ½ TURN WALTZ, BACK WALTZ, FWD ½ TURN WALTZ, BACK WALTZ

1, 2, 3 Waltz fwd Stepping L fwd, Turning $\frac{1}{2}$ L Step R beside L, Step L beside R

4, 5, 6 Waltz back Stepping R back, Step L beside R, Step R beside L - 12:00

(* Restart here on Wall 4)

1, 2, 3 Waltz fwd Stepping L fwd, Turning $\frac{1}{2}$ L Step R beside L, Step L beside R

4, 5, 6 Waltz back Stepping R back, Step L beside R, Step R beside L 6.00

End of Sequence

Restart: Occurs on Wall 4 after 54 counts (*) facing back.

Finish: You may like to finish around the 2min 25s mark, but I like to keep dancing to the instrumental at the end of the song. As the music fades dance to count 36 on Wall 6.

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