

YOUR HERO

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Tim Hand

Music: Hero (Metro Mix) by Enrique Iglesias

1st place 2002 Dance Team Showdown in Fort Wayne, IN

FOOT SWEEP, TRIPLE STEP, HIP BUMPS

- 1** Sweep right foot around in front of left
- 2** Step on right
- 3&4** Step left to side, step together with right, step to side with left
- 5-6-7-8** Bump hips right left right left

SAILOR STEP, SAILOR STEP WITH A ¼ TURN SHUFFLE FORWARD ROCK STEP

- 1&2** Step right foot crossed behind left, step left foot to side, step right foot slightly forward
- 3&4** Step left foot crossed behind right, step right to side, step left forward making a ¼ turn left
- 5&6** Step right foot forward, step left together, step right forward
- 7-8** Rock forward on left, recover on right

HOP BACK, HIP BUMPS WITH ¼ TURN, ½ TURN, COASTER STEP

- &1** Step left foot back, step right foot to the side of left
- 2-3-4** Bump hips to left then right make a ¼ turn left as you bump hips to left
- 5** Step right foot forward
- 6** Pivot ½ turn to left (weight stays on right)
- 7&8** Step left foot back, step right foot together, step left foot forward

SHUFFLE FORWARD, OUT AND CROSS WITH ¼ TURN RIGHT, WEAWE RIGHT

- 1&2** Step right foot forward, step left together, step right foot forward
- 3&4** Step left forward making ¼ turn right, step right in place, cross left in front
- 5-6-7-8** Step right to side, step left behind right, step right to side, cross left in front of right

REPEAT