

Secret Love of Heroes

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Gary Spurway - July 2016

Music: Secret Love Song By Little Mix Ft. Jason Derulo

Alt music; Heroes by Mans Zelmerlow

***Little Mix - start on hard beat after she sings "cause im yours " (slow song)**

****Mans Zelmerlow - start after he sings "we are the heroes of our time " either the 1st time (about 37 secs in but no prominent beats) or on the hard beat after he sings it the 3rd time(about 1;08 in) (fast song)**

Section 1: Turned Chasse In A Box

1&2turn $\frac{1}{4}$ to the left and step to right, step left to right ,step right to side

3&4turn $\frac{1}{4}$ to the left and step to the left ,right together ,step left

5&6turn $\frac{1}{4}$ to the left and step to right, step left to right ,step right to side

7&8turn $\frac{1}{4}$ to the left and step to the left ,right together ,step left

Section 2: Walk Walk Mambo ,Back Back Coaster Cross

1-2walk forward right ,left

3&4rock on right , recover on left, step back right

5-6back left , right

7&8step back left, step right together ,step forward left

Section 3: Cross And Rock ,Cross And Rock ,Step $\frac{1}{2}$ Turn, Scuff Scoot Step

1&2cross right in front of left ,rock on to left ,recover on to right

3&4cross left in front of right ,rock on to right , recover on to left

5-6step right forward, and do $\frac{1}{2}$ turn

7&8scuff right forward ,hitch right and scoot forward ,step right down

(Easy Option Remove The “Scoot Forward “)

Section 4: Side Close ,Side Close Side, Heel Switches Clap

1-2step left to side ,step right together

3&4step left to side ,step right together ,left to side

5-6right heel forward ,right heel in and left heel forward

7-8left heel back and right heel forward ,clap hand

Start Again

Any Feed Back Is Appreciated

Contact: www.crazyrenegades.co.uk - info@crazyrenegades.co.uk