

Hero ()

LINEDANCE.COM

Count: — **Wall:** 2 **Level:** Intermediate/Advanced

Choreographer: Peter & Alison, TheDanceFactoryUK (Feb 10)

Music: Hero (Almighty Anthem Radio Edit) by Almighty Cover Girlz (CD: 126bpm)

Start after 16 count intro 16

Part A: (Dance Part A TWICE) A

R Fwd, L Fwd, ½ R Pivot, ½ R & L

Back, R Coaster Cross, L Side Rock Cross, ¼ L Hinge Turn, L Side

, , , 1/2 , , , 1/4

1

Step R forward

2&3

Step L forward, pivot ½ right, turning ½ right step L back

, , 180 , , 180

4&5

Step R back, step L together, cross step R over L

, ,

6&7

Rock L side, recover weight on R, cross step L over R

, ,

8&

Turning ¼ left step R back, step L side (9 o'clock)

□□ 90□□□□ , □□□□ (□□ 9□□)

□□□

R Cross Rock Recover, Full Turn R, L

Cross Rock Recover, L NC Basic, 1/4 L Rock Recover, Touch R

□□□□ □□ , □□□□ , □□□□ □□ , □□□□ , 1/4□□□□ □□

□□

1-2

Cross rock R over L, recover weight on L

□□□□□□□□□□ , □□□□

&3

Turning 1/4 right step R forward, turning 1/2 right step L back

□□ 90□□□□□□ , □□ 180□□□□□□

&4&

Turning 1/4 right step R side, cross rock L over R, recover weight on

R

□□ 90□□□□□□ , □□□□□□□□□□ , □□□□

5

Step L side □□□□

6&

Rock R back, recover weight on L

□□□□□□ , □□□□

7&8

Turning 1/4 left rock R side, recover L, touch R together (6

o'clock)

90 degrees, , (6)

Part B: (EZ TAG/RESTART on walls 2 & 4

facing back wall)

B (/)

R Cross Rock & Recover, R Side, L

Heel Fwd, Hold, L Ball Cross, L Side, R Sailor , , , , , , , ,

1-2

Cross rock R over L, recover weight on L (rocking to your left diagonal

as you cross rock)

(),

&3-4

Step R side, touch L heel on forward diagonal, hold

, ,

&5-6

Step L back, cross step R over L, step L side

, ,

7&8

Cross step R behind L, step L side, step R side

, ,

□□

L Cross Rock & Recover, L Side, R

Heel Fwd, Hold, R Ball Cross, ¼ L, ½ L & Fwd Shuffle □□□

□□ , □□ , □□ , □ , □ □□ , 1/4 □□

1-2

Cross rock L over R, recover weight on R (rocking to your right diagonal

as you cross rock)

□□□□□□□□ (□□□□□□□□) , □□□□

&3-4

Step L side, touch R heel on forward diagonal, hold

□□□□ , □□□□□□ , □

DURING 2nd wall complete 1st 12 counts and then

dance the following 4 counts & RESTART

□□□□□□ 12□□ , □□□□ 4□□ , □□□□

&5-6

Step R back, cross step L over R, step R side

□□□□ , □□□□□□□□ , □□□□

7&8

Cross step L behind R, step R side, step L side

□□□□□□□□ , □□□□ , □□□□

&5-6

Step R back, cross step L over R, turning ¼ left step R back (3

o'clock)

□□□□ , □□□□□□□□ , □□ 90□□□□ (□□ 3□□)

7&8

Turning $\frac{1}{2}$ left step L forward, step R together, step L forward

□□ 180□□□□□□ , □□□□ , □□□□

□□□

R Fwd, L Scuff, L Fwd Rock &

Recover, $\frac{1}{2}$ L Shuffle, R Fwd, $\frac{1}{4}$ L Pivot Turn

□ , □□ , □□ □□ , □□□□ , □□ □□ $\frac{1}{4}$

1-4

Step R forward, scuff L forward, rock L forward, recover weight on

R

□□□□ , □□□□□□ , □□□□□□ , □□□□

5&6

Turning $\frac{1}{2}$ left step L forward, step R together, step L forward (9

o'clock) □□ 180□□□□□□ , □□□□ , □□□□ (□□ 9□□)

7-8

Step R forward, pivot $\frac{1}{4}$ left (6 o'clock)

□□□□ , □□□□ 90□ (□□ 6□□)

□□□

L Weave 2, R Sailor, R Weave 2, L

Sailor

□□ □□ , □□□ □□ , □□ □□ , □□□

1-2

Cross step R over L, step L side

□□□□□□□□ , □□□□

3&4

Cross step R behind L, step L side, step R side

□□□□□□□□ , □□□□ , □□□□

5-6

Cross step L over R, step R side

□□□□□□□□ , □□□□

7&8

Cross step L behind R, step R side, step L side (towards L diagonal) (5:30)

□□□□□□□□ , □□□□ , □□□□ (□□ 5:30)

ENDING: DURING 7th & final wall dance as far

as count 32 & strike a pose!

□□ :□□□□□□□□ , □□□ &□□□□□□□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">On Diagonal: L Full Turn Fwd, R Fwd Rock & Recover,

1&½ Turn R, L Fwd

mso-font-kerning:0pt">(□□)□□□ , □□

□□ , 1□

mso-font-kerning:0pt">1/2□□ , □

1-2

Travelling towards L diagonal (5:30): Turning 1/2 left step

R back, turning 1/2 left step L forward

(□□□□ 5:30□□)□□ 180□□□□□ , □□ 180□□□□□

3-4

Rock R forward, recover weight on L

□□□□□ , □□□□

5-6

Turning 1/2 right step R forward, turning 1/2 right step L back

□□ 180□□□□□ , □□ 180□□□□□

7-8

Turning 1/2 right step R forward, step L forward on L diagonal (11:30)

□□ 180□□□□□ , □□□□□□□ (□□ 11:30)

Non-turning 8: Walk fwd R, L, R fwd rock & recover, turn 1/2 R &

walk fwd R, L, R, L

□□□□□ :□□□ -□ , □ , □□□□□

□□ , □□□□□□□ 180□ -□ ,□ ,□ ,□

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mso-font-kerning:0pt">

mso-font-kerning:0pt">R Fwd, L Point, 1/8 R & L Together, R Point, 1/4 R

& R Together, L Point, R Weave 2, L Behind-Side-Cross

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mso-font-kerining:0pt">, 1/8□ , □ , 1/4

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□□ , □□□□

1

On left diagonal step R forward □□□□□□

2&3

Point L side, turning 1/8 right step L together (to square to wall),

point R side (12 o'clock)

□□□□ , □□ 45□□□□ (□□) , □□□□ (□□ 12□□)

&4-6

Turning 1/4 right step R together, point L side, cross step L over R, step

R side (3 o'clock)

□□ 90□□□□ , □□□□ , □□□□□□□□ , □□□□ (3□□)

7&8

Cross step L behind R, step R side, cross step L over R

□□□□□□□□ , □□□□ , □□□□□□□□

mso-font-kerining:0pt">□□□

mso-font-kerining:0pt">

mso-font-kerining:0pt">R Side, Hold, L Sailor, R Sailor, L Fwd, 1/2 R & R

Hook

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1-2

Step R side, hold □□□□ , □

3&4

Cross step L behind R, step R side, step L side

□□□□□□□□ , □□□□ , □□□□

5&6

Cross step R behind L, step L side, step R side

□□□□□□□□ , □□□□ , □□□□

7-8

Step L forward, turn 1/2 right on L and hook R across L (9 o'clock)

□□□□ , □□ 180□□□□□□□□ (□□ 9□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">R Fwd Shuffle, L Fwd, 1/4 R Pivot Turn, R Weave 2, 1/2

Hinge L Chassé

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mso-font-kerning:0pt">, □ 1/4,

mso-font-kerning:0pt">□□ □□ , 1/2

mso-font-kerning:0pt">□□□

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1&2

Step R forward, step L together, step R forward

□□□□ , □□□□ , □□□□

3-6

Step L forward, pivot $\frac{1}{4}$ right, cross step L over R, step R side

□□□□ , □□□ 90° , □□□□□□□□ , □□□□

7&8

Turning $\frac{1}{2}$ left step L side, step R together, step L side (6

o'clock)

□□ 180°□□□□ , □□□□ , □□□□ (□□ 6□□)

TAG: At the END of wall 4 (facing back) dance

the following 8 count tag and RESTART

□□ :□□□□ (□□□□□□)□□□□ , □□□□ 8□□ , □□□□

1-2&

R cross rock & recover, R side

□□□□□□□□□□ , □□□□ , □□□□

3-4&

L cross rock & recover, L side

□□□□□□□□□□ , □□□□ , □□□□

5-8

R fwd, $\frac{1}{2}$ L pivot turn, R fwd, $\frac{1}{2}$ L pivot turn

□□□□ , □□□ 180° , □□□□ , □□□ 180°