

# Lao Hero

LINEDANCE.COM

**Count:** 48

**Wall:** 2

**Level:** Low Intermediate

**Choreographer:** BM Leong ( Oct 2015 )

**Music:** Lao Hero by Li Xiao Jun [HERO]

## **Intro: 32 counts. (Special Request)**

### **S1: SIDE, TOUCH, SIDE, TOUCH, MONTEREY 1/2 TURN RIGHT**

- 1-2 Step R to right side, touch L together
- 3-4 Step L to left side, touch R together
- 5-6 Point R to right side, 1/2 turn right step R together
- 7-8 Point L to left side, step L together

### **S2: SIDE, KICK, SIDE, KICK, PADDLE 1/4 TURN LEFT X 2**

- 1-2 Step R to right side, kick L over R
- 3-4 Step L to left side, kick R over L
- 5-6 Step R forward, paddle 1/4 turn left
- 7-8 Step R forward, paddle 1/4 turn left

### **S3: LEFT & RIGHT NEW YORKER**

- 1-2 Cross R over L, recover onto L
- 3&4 Cha cha to right side on RLR
- 5-6 Cross L over R, recover onto R
- 7&8 Cha cha to left side on LRL

### **S4: RIGHT ROLLING VINE, TOUCH, LEFT VINE, TOUCH**

**1-2 1/4 turn right step R forward, 1/4 turn right step L to left side**

**3-4 1/2 turn right step R to right side, touch L together**

- 5-6 Step L to left side, cross R behind L
- 7-8 Step L to left side, touch R together

### **S5: FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, FORWARD ROCK, COASTER STEP**

- 1-2 Rock R forward, recover onto L

- 3&4** Triple 1/2 turn right on RLR  
**5-6** Rock L forward, recover onto R  
**7&8** Coaster step LRL

### **S6: SLOW WALK IN A CIRCLE**

**1-2 1/4** turn right stepping R forward, hold

**3-4 1/4** turn right stepping L forward, hold

**5-6 1/4** turn right stepping R forward, hold

**7-8 1/4** turn right stepping L forward, touch R together

### **TAG at the end of walls 2 & 8**

**1-4** Touch right toes forward, step right heel down, touch left toes forward, step left heel down

**RESTART during wall 3 after 24 counts and during wall 6 after 32 counts.**

**Contact: [www.sjlinedancer.blogspot.com](http://www.sjlinedancer.blogspot.com)**