

# HEROES & ANGELS

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**Count:** 32

**Wall:** 2

**Level:** Intermediate level

**Choreographer:** Ingemar Dj Magoo Kardeskog, Sweden, July 2006

**Music:** We Could Be Heroes by BWO (Bodies Without Organs) from single (64 bpm)

**Start on first heavy beat after 48 Counts from first vocal Thank you Mia, Peter, Maud, Harri, Kirsti and Marianne for road testing and giving your valued advices. You Rock?**

**Side, Rock &,  $\frac{3}{4}$  turn sweep right, Behind, Side, Forward,  $\frac{1}{4}$  turn left,  $\frac{1}{4}$  turn left, Side, Rock &**

**1 [S] Step long step to left side**

**2& [QQ] Rock back on right, rock forward on left**

**3 [S] Make  $\frac{3}{4}$  turn right sweeping right toe out to right (weight on left)**

**4&5 [QQS] Step right behind left, step left to left side, step right forward in front of left**

**6 [Q] Step left forward turning  $\frac{1}{4}$  left (6 o'clock)**

**& [Q] Step right back turning  $\frac{1}{4}$  left (3 o'clock)**

**7 [S] Step long step to left side**

**8& [QQ] Rock forward on right, rock back on left**

**Turn  $\frac{1}{4}$  right step, Lock step, Sweep point, Cross, Side, Cross rock & Behind, Unwind  $\frac{1}{2}$  Turn right**

**1 [S] Turn  $\frac{1}{4}$  right stepping right forward on right (slow step)**

**2& [QQ] Lock left behind right, step forward on right**

**3 [S] Sweep left toe out to left pointing to left side**

**4&5 [QQS] Cross left over right, step right to right side, cross rock left over right**

**6&7 [QQS] Rock back on right, Step left to left side, cross right behind left**

**8 [Q] Unwind  $\frac{1}{2}$  turn right sweeping right toe out to right (weight on left)**

**½ turn sweep, Back, Rock & Step, Rock & Cross, Sways, Vine right with ¼ turn right,**

**&1 [QS] Continue sweeping right toe out to right turning ½ right on left , Step right back**

**2&3 [QQS] Rock left back, Recover to right, step left forward**

**4&5 [QQS] Rock right to right side, recover to left, cross right over left**

**6-7 [QQ] Sway left stepping left to left side, Sway right**

**8&1 [SQQ] Step left behind right, turn ¼ right stepping right forward, step left forward**

**Turn ½ right, Quick walks left right, Turn ¼ right, Side, Rock & Cross, Side, Rock, Recover**

**2-3& [SQQ] Turn ½ right stepping onto right, Walk left, Walk right**

**4-5& [SQQ] Turn ¼ right stepping left to left side, Rock back on right, rock forward on left**

**6-7-8 [SQQ] Step long step to right, Rock forward on left, rock back on right**

**TAG: During 6th wall, during count 10& (2&) in section 2. You will be facing front wall when the music ends for a short while. Either you can be an angel and hold for your very own wonderful performance and style. Or you can be a hero and do Rock, recover, rock twice. Be sure to end on right forward to continue dancing from count 12 (3) with sweeping left toe out to left side and point. Starting again on heavy beat with sweeping.**

**Ending: Heavy beats stops on count 5 in 3rd section (21). You will be doing: Cross right over left. Just unwind ½ turn left for your very own grand final facing front wall. Enjoy the brilliant track and just glide away in happy smooth dancing!**