

# Heroes!

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Ann-Kristin Sandberg (Norway) Oct-2014

**Music:** Helele (Safri Duo mix) by Safri Duo & Velile (3,07) iTunes

## **INTRO : 32 Counts (16 sec)**

### **STEP-TOGETHER-STEP-TOUCH-STEP-TOGETHER-STEP-TOUCH**

- 1-2            Step right diagonal forw to right, Step left next to right
- 3-4            Step right diagonal forw to right, Touch left next to right
- 5-6            Step left diagonal forw to left, Step right next to left
- 7-8            Step left diagonal forw to left, Touch right next to left

### **ROCK RECOVER-TOE STRUTS BACKW**

- 1-2            Step right forw, Recover onto left
- 3-4            Touch right toe back, Heel down
- 5-6            Touch left toe back, Heel down
- 7-8            Touch right toe back, Heel down

## **(Bend knees on count 4,6,8)**

### **BACK-TOUCH-FORW-TOUCH-STEP-BESIDE-1/4 TURN-TOUCH**

- 1-2            Step left foot back, Touch right next to left
- 3-4            Step right foot forw, Touch left next to right
- 5-6            Step left foot forw, Step right next to left
- 7-8            Make a ¼ turn left stepping left forw, Touch right next to left (09)

### **SIDE-SIDE-BACK-BACK-ROLLING HIPS**

- 1-2            Step right diagonal forw to right, Step left diagonal forw to left
- 3-4            Step right foot back, Step left to left side
- 5-6-7-8      Move hips anti-clockwise (weight on left foot)

## **TAG 1 : End of wall 2 Facing 6.00**

**Do the last 8 counts of the dance**

**TAG 2 : End of wall 5 Facing 9.00**

**Do the last 8 counts of the dance**

**TAG 3 : End of wall 8 Facing 12.00 - 16 counts:**

**Do the last 8 counts of dance 1-8 :: and 8 more:**

**1-4** Shimmy shoulders to right

**5-8** Shimmy shoulders to left

**Move Your Body & Have Some Fun!**

**Contact: [anne88@online.no](mailto:anne88@online.no)**

**Last Updates - 4th Nov 2014**