Count: 64
Wand: 2
Ebene: Easy Intermediate
Choreograf/in: Michael Odgaard \& Mariann Odgaard - May 2015
Musik: Heroes - Måns Zelmerlöw : (Winner, Eurovision 2015)

## Start dancing on vocal; "tell" (4 counts intro)

S1: Walk, walk, shuffle forward, rock, recover, shuffle $1 / 2$ turn
1-2 Walk forward R, L
3\&4 Shuffle forward, R, L, R
5-6 Rock $L$ forward, recover on $R$
$7 \& 8 \quad$ Turn $1 / 4$ stepping $L$ foot left, step $R$ next to $L$, turn $1 / 4$ stepping forward on left (6 o'clock)
S2: Full turn left, Shuffle forward, turn $1 / 4$ right, cross, hold
1-2 Full turn forward turning over left shoulder: R, L
3\&4 Shuffle forward R, L, R
5-6 Step $L$ forward, turn 1/4 right stepping $R$ to right (9 o'clock)
7-8 Cross $L$ over $R$, hold.
S3: Step right, cross, side, sailor and heel, x2
\&1-2 Step $R$ to right, cross $L$ over $R$, step $R$ to right
3\&4 Cross $L$ behind $R$, step $R$ to right, place $L$ heel forward
\&5-6 Step $L$ next to right, cross $R$ over $R$, step $L$ to left
7\&8 Cross $R$ behind $L$, step $L$ to left, place $R$ heel forward
S4: Together, walk hold, walk, hold, Rock, recover, shuffle $1 / 2$ turn
\&1-2 Place $R$ next to $L$, step $L$ forward, hold
3-4 Step R forward, hold
5-6 Rock $L$ forward, recover on $R$
$7 \& 8 \quad$ Turn $1 / 4$ stepping $L$ foot left, step $R$ next to $L$, turn $1 / 4$ stepping forward on left (3 o'clock)
(Restart at wall 4, Replace the "shuffle $1 / 2$ turn" with a "shuffle $1 / 4$ turn L" (7\&8), Restart facing 12 O'clock)
S5: Walk, hold, walk, hold, rock, recover, tripple full turn right
1-2 Step R forward, hold
2-4 Step $L$ forward, hold
3-4 Rock $R$ forward, recover on $L$
$7 \& 8 \quad$ Tripple full turn, turning over right shoulder; R, L, R (option; Coasterstep)
S6: Side, behind, side, cross, side, back rock, recover, kick ball cross
1-2\&3 Step $L$ to left, cross $R$ behind $L$, step $L$ to left, cross $R$ over $L$
4-5-6 Step $L$ to left side, rock $R$ back, recover on $L$
7\&8 Kick $R$ foot diagonal forward, place $R$ next to $L$, cross $L$ over $R$
S7: Kick ball cross, side, hold, $1 / 4$ turn, full turn, cross
1\&2 Kick $R$ foot diagonal forward, place $R$ next to $L$, cross $L$ over $R$
3-4 $\quad$ Step $R$ to right side, hold
\&5 Step $L$ next to $R$, turn 1/4 right stepping forward on $R$
6-7-8 Full turn right; $L, R$, cross $L$ over $R$ ( 6 o'clock)
S8: Side, hold, side touch, side hold, side touch
1-2 Step $R$ to right, hold
\&3-4 Step $L$ next to $R$, Step $R$ to right, touch $L$ next to $R$
5-6 Step $L$ to left, hold

Tags 1 \& 2 after wall 1 \& 3 (facing 6 o'clock)
1-4 Step $R$ to right, at the same time sway right hip to right, hold, sway left hip to left, hold
5-8 Walk full circle, turning over right shoulder $R, L, R, L$

Tag 3: after wall 5 (facing 6 o'clock)
1-4
Step $R$ to right, at the same time sway right hip to right, hold, sway left hip to left, hold
Restart; wall 4 after section 4 (32 counts)
Have fun dancing......
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