# Secret Love of Heroes

Level: Beginner

Choreographer: Gary Spurway (UK) - July 2016

Music: Secret Love Song (feat. Jason Derulo) - Little Mix

Alt music; Heroes by Mans Zelmerlow

**Count: 32** 

\*Little Mix - start on hard beat after she sings "cause im yours " (slow song ) \*\*Mans Zelmerlow - start after he sings "we are the heroes of our time " either the 1st time (about 37 secs in but no prominent beats) or on the hard beat after he sings it the 3rd time(about 1;08 in) (fast song)

### Section 1: Turned Chasse In A Box

1&2	turn ¼ to the left and step to right, step left to right ,step right to side
3&4	turn ¼ to the left and step to the left ,right together ,step left
5&6	turn ¼ to the left and step to right, step left to right ,step right to side
780	turn 1/ to the left and stop to the left right together, stop left

7&8 turn  $\frac{1}{4}$  to the left and step to the left ,right together ,step left

## Section 2: Walk Walk Mambo ,Back Back Coaster Cross

- 1-2 walk forward right ,left
- 3&4 rock on right, recover on left, step back right
- 5-6 back left, right
- 7&8 step back left, step right together ,step forward left

## Section 3: Cross And Rock , Cross And Rock , Step 1/2 Turn, Scuff Scoot Step

- 1&2 cross right in front of left ,rock on to left ,recover on to right
- 3&4 cross left in front of right ,rock on to right , recover on to left
- 5-6 step right forward, and do 1/2 turn
- 7&8 scuff right forward ,hitch right and scoot forward ,step right down

(Easy Option Remove The "Scoot Forward ")

### Section 4: Side Close ,Side Close Side, Heel Switches Clap

- 1-2 step left to side ,step right together
- 3&4 step left to side ,step right together ,left to side
- 5-6 right heel forward ,right heel in and left heel forward
- 7-8 left heel back and right heel forward ,clap hand

### Start Again

## Any Feed Back Is Appreciated

Contact: www.crazyrenegades.co.uk - info@crazyrenegades.co.uk





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