Compte: 0
Mur: 2
Niveau: Phrased Intermediate / Advanced
Chorégraphe: Peter Metelnick (UK) \& Alison Metelnick (UK) - February 2010
Musique: Hero (Almighty Anthem Radio Edit) - Almighty Cover Girlz

## Start after 16 count intro

Part A: (Dance Part A TWICE)
(1-8) R Fwd, L Fwd, ½ R Pivot, ½ R \& L Back, R Coaster Cross, L Side Rock Cross, $1 / 4$ L Hinge Turn, L Side
1 Step R forward
$2 \& 3$ Step $L$ forward, pivot $1 / 2$ right, turning $1 / 2$ right step $L$ back
4\&5 Step R back, step L together, cross step R over L
6\&7 Rock L side, recover weight on $R$, cross step $L$ over $R$
8\& Turning $1 / 4$ left step $R$ back, step $L$ side ( 9 o'clock)
(9-16) R Cross Rock Recover, Full Turn R, L Cross Rock Recover, L NC Basic, $1 / 4$ L Rock Recover, Touch R
1-2 Cross rock $R$ over $L$, recover weight on $L$
\&3 Turning $1 / 4$ right step $R$ forward, turning $1 / 2$ right step $L$ back
\&4\& $\quad$ Turning $1 / 4$ right step $R$ side, cross rock $L$ over $R$, recover weight on $R$
5 Step L side
6\& Rock $R$ back, recover weight on $L$
7\&8 Turning $1 / 4$ left rock $R$ side, recover $L$, touch $R$ together ( 6 o'clock)
Part B: (EZ TAG/RESTART on walls 2 \& 4 facing back wall)
(1-8) R Cross Rock \& Recover, R Side, L Heel Fwd, Hold, L Ball Cross, L Side, R Sailor
1-2 Cross rock $R$ over $L$, recover weight on $L$ (rocking to your left diagonal as you cross rock)
\&3-4 Step $R$ side, touch $L$ heel on forward diagonal, hold
\&5-6 Step $L$ back, cross step $R$ over $L$, step $L$ side
7\&8 Cross step $R$ behind $L$, step $L$ side, step $R$ side
(9-16) L Cross Rock \& Recover, L Side, R Heel Fwd, Hold, R Ball Cross, $1 / 4$ L, $1 / 2$ L \& Fwd Shuffle
1-2 Cross rock $L$ over $R$, recover weight on $R$ (rocking to your right diagonal as you cross rock)
\&3-4 Step $L$ side, touch $R$ heel on forward diagonal, hold
DURING 2nd wall complete 1st 12 counts and then dance the following 4 counts \& RESTART
\&5-6 Step $R$ back, cross step $L$ over $R$, step $R$ side
7\&8 Cross step $L$ behind $R$, step $R$ side, step $L$ side
\&5-6 Step $R$ back, cross step $L$ over $R$, turning $1 / 4$ left step $R$ back (3 o'clock)
7\&8 Turning $1 / 2$ left step $L$ forward, step $R$ together, step $L$ forward
(17-24) R Fwd, L Scuff, L Fwd Rock \& Recover, $1 / 2$ L Shuffle, R Fwd, $1 / 4$ L Pivot Turn
1-4 Step $R$ forward, scuff $L$ forward, rock $L$ forward, recover weight on $R$
5\&6 Turning $1 / 2$ left step $L$ forward, step $R$ together, step $L$ forward (9 o'clock)
7-8 Step R forward, pivot $1 / 4$ left ( 6 o'clock)
(25-32) L Weave 2, R Sailor, R Weave 2, L Sailor
1-2 Cross step $R$ over $L$, step $L$ side
3\&4 Cross step $R$ behind $L$, step $L$ side, step $R$ side
5-6 Cross step $L$ over $R$, step $R$ side
$7 \& 8 \quad$ Cross step $L$ behind $R$, step $R$ side, step $L$ side (towards $L$ diagonal) (5:30)
ENDING: DURING 7th \& final wall dance as far as count 32 \& strike a pose!
(33-40) On Diagonal: L Full Turn Fwd, R Fwd Rock \& Recover, 1\&1⁄2 Turn R, L Fwd
1-2 Travelling towards $L$ diagonal (5:30): Turning $1 / 2$ left step $R$ back, turning $1 / 2$ left step $L$ forward
3-4 Rock $R$ forward, recover weight on $L$
5-6 Turning $1 / 2$ right step $R$ forward, turning $1 / 2$ right step $L$ back
7-8 $\quad$ Turning $1 / 2$ right step $R$ forward, step $L$ forward on $L$ diagonal (11:30)
Non-turning 8: Walk fwd R, L, R fwd rock \& recover, turn $1 / 2$ R \& walk fwd R, L, R, L
(41-48) R Fwd, L Point, ? R \& L Together, R Point, $1 / 4$ R \& R Together, L Point, R Weave 2, L Behind-SideCross
$1 \quad$ On left diagonal step $R$ forward
2\&3
\&4-6
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Point $L$ side, turning ? right step $L$ together (to square to wall), point $R$ side (12 o'clock)
Turning $1 / 4$ right step $R$ together, point $L$ side, cross step $L$ over $R$, step $R$ side (3 o'clock)
(49-56) R Side, Hold, L Sailor, R Sailor, L Fwd, $1 / 2$ R \& R Hook
1-2 Step $R$ side, hold
3\&4 Cross step $L$ behind $R$, step $R$ side, step $L$ side
5\&6 Cross step $R$ behind $L$, step $L$ side, step $R$ side
7-8 Step $L$ forward, turn $1 / 2$ right on $L$ and hook $R$ across $L$ ( 9 o'clock)
(57-64) R Fwd Shuffle, L Fwd, $1 / 4$ R Pivot Turn, R Weave 2, $1 / 2$ Hinge L Chassé
1\&2 Step $R$ forward, step $L$ together, step $R$ forward
3-6 Step L forward, pivot $1 / 4$ right, cross step $L$ over $R$, step $R$ side
7\&8 Turning $1 / 2$ left step $L$ side, step $R$ together, step $L$ side ( 6 o'clock)
TAG: At the END of wall 4 (facing back) dance the following 8 count tag and RESTART
1-2\& $\quad R$ cross rock \& recover, $R$ side
3-4\& $\quad L$ cross rock \& recover, $L$ side
5-8 $\quad R$ fwd, $1 / 2 L$ pivot turn, $R$ fwd, $1 / 2 L$ pivot turn
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