

# Hero

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Leigh Huckel (AUS) - August 2007  
音乐: Hero - Mariah Carey : (Album: Music Box)



## Intro: 16 counts

- 1-4      CROSS ROCK, RECOVER, STEP SIDE, CROSS ROCK, RECOVER, 1/4 RIGHT STEP FORWARD  
1,2&      Rock L foot across in front of R foot, recover weight to R foot, step L foot to L  
3,4&      Rock R foot across in front of L foot, recover weight to L foot, (\*\*), turn 1/4 R step R foot forward
- 5-6      STEP 1/2 TURN, 1/4 TURN STEP SIDE & DRAW  
1&2      Rock L foot forward, turning 1/2 R recover weight to R foot, turning 1/4 R step L foot to L while drawing R foot to L foot
- 7-9      BEHIND, SIDE, CROSS FRONT, SIDE ROCK, 1/4 R RECOVER, SWEEP  
1&2&      Cross R foot behind L foot, step L foot to L, cross R foot in front of L foot, rock L foot to L  
3&      Turning 1/4 R recover weight to R foot, sweep L foot around from back to front
- 10-11      FORWARD, SWEEP, TWICE  
1&      Step L foot forward, sweep R foot around from back to front  
2&      Step R foot forward, sweep L foot around from back to front
- 12-14      QUICK FORWARD, COASTER 6  
1&2&      Step L foot forward, step R foot next to L foot, step L foot back, step R foot next to L foot  
3&      Step L foot forward, step R foot next to L foot
- 15-16      DIAGONAL BACK, LOCK, BACK, 1/4 R STEP SIDE  
1&2&      Step L foot diagonal back & L, lock R foot in front of L foot, step L foot diagonal back & L, turning 1/4 R step R foot to R
- 17-19      CROSS SHUFFLE TO A CROSS ROCK, RECOVER, 1/8 L STEP SIDE  
1&      Cross L foot in front of R foot, step R foot to R  
2&3      Rock L foot across in front of R foot, recover weight to R foot, turning 1/8 L step L foot to L
- 20-21      FORWARD, 1/2 R ROLL  
1&2      Step R foot forward, turning 1/2 R step L foot back, step R foot back
- 22-24      FORWARD FULL L ROLL TO A FORWARD SHUFFLE  
1&      Step L foot forward, turning 1/2 L step R foot back  
2&3      Turning 1/2 L step L foot forward, step R foot next to L foot, step L foot forward
- 25-26      BACK, 1/4 L SWEEP, BACK, 1/8 R SWEEP  
1&      Step R foot back, turning 1/4 L sweep L foot around from front to back  
2&      Step L foot back, turning 1/8 R sweep R foot around from front to back
- 27-30      SAILOR, BACK, CROSS, SWEEP, FRONT VINE 2  
1&2&      Cross R foot behind L foot, rock L foot to L, recover weight to R foot, step L foot back  
3&      Cross R foot in front of L foot, sweep L foot around from back to front  
4&      Cross L foot in front of R foot, step R foot to R

31-32                SIDE WITH HIP SWAY 2 WITH DRAW  
1,2                 Step L foot to L swaying hips L, sway hips R while drawing L foot to R foot

**Restart Dance in New Direction**

**TAG: At the END of wall 2 do the following**

1,2&                Rock L foot across in front of R foot, recover weight to R foot, step L foot to L  
3&4&               Cross R foot in front of L foot, step L foot to L, cross R foot behind L foot, step L foot to L  
5,6&                Rock R foot across in front of L foot, recover weight to L foot, step R foot to R  
7&8&                Cross L foot in front of R foot, step R foot to R, cross L foot behind R foot, step R foot to R

**RESTARTS:**

**At the END of the 2nd sequence ADD the TAG**

**ON the 5th sequence dance up to beat 4 (\*\*) making it a step to the side and not a 1/4 turn then restart.**

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