

HERO

Choreographed by Peter & Alison, TheDanceFactoryUK, Feb 2010

Website: www.thedancefactoryuk.co.uk, Tel: 01462 735778

2 wall – phrased intermediate/advanced line dance

Music: Hero (Almighty Anthem Radio Edit) – Almighty Cover Girlz (start after 16 count intro) – 126bpm

Download available at Amazon.co.uk

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, ¼ L hinge turn, L side

1 Step R forward

2&3 Step L forward, pivot ½ right, turning ½ 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 ¼ 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, ¼ L rock recover, touch R

1-2 Cross rock R over L, recover weight on L

&3 Turning ¼ right step R forward, turning ½ right step L back

&4& Turning ¼ 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 ¼ 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, ¼ L, ½ 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 ¼ left step R back (3 o'clock)

7&8 Turning ½ left step L forward, step R together, step L forward

17-24 R fwd, L scuff, L fwd rock & recover, ½ L shuffle, R fwd, ¼ L pivot turn

1-4 Step R forward, scuff L forward, rock L forward, recover weight on R

5&6 Turning ½ left step L forward, step R together, step L forward (9 o'clock)

7-8 Step R forward, pivot ¼ 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 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&½ turn R, L fwd

- 1-2 Travelling towards L diagonal (5:30): Turning ½ left step R back, turning ½ left step L forward
3-4 Rock R forward, recover weight on L
5-6 Turning ½ right step R forward, turning ½ right step L back
7-8 Turning ½ right step R forward, step L forward on L diagonal (11:30)

Non-turning 8: Walk fwd R, L, R fwd rock & recover, turn ½ R & walk fwd R, L, R, L

41-48 R fwd, L point, ⅛ R & L together, R point, ¼ R & R together, L point, R weave 2, L behind-side-cross

- 1 On left diagonal step R forward
2&3 Point L side, turning ⅛ right step L together (to square to wall), point R side (12 o'clock)
&4-6 Turning ¼ right step R together, point L side, cross step L over R, step R side (3 o'clock)
7&8 Cross step L behind R, step R side, cross step L over R

49-56 R side, hold, L sailor, R sailor, L fwd, ½ 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 ½ right on L and hook R across L (9 o'clock)

57-64 R fwd shuffle, L fwd, ¼ R pivot turn, R weave 2, ½ hinge L chassé

- 1&2 Step R forward, step L together, step R forward
3-6 Step L forward, pivot ¼ right, cross step L over R, step R side
7&8 Turning ½ left step L side, step R together, step L side (6 o'clock)

At the end of wall 4 (facing back) dance the following 8 count tag and RESTART

1-2& R cross rock & recover, R side

3-4& L cross rock & recover, L side

5-8 R fwd, ½ L pivot turn, R fwd, ½ L pivot turn

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