

Zero To Hero

64 Count, 2 Wall, Intermediate

Choreographer: Dee Musk (UK) Jun 2016

Choreographed to: From Hero To Zero by Sarah Connor.

Album: Naughty But Nice

16 Count Intro from Heavy Beat. Start on the word 'Baby'. Approx 17 secs

Track: Approx 3 mins 47 secs - BPM 120.

- Section 1** **Side Sailor Side, Behind Side, Rock Recover, ½ Turn Point.**
1,2&3 Step R to R side, cross step L behind R, step R to R side, step L to L side.
4& Cross step R behind L, step L to L side.
5,6 Rock R to R side, recover weight to L (use the recover as a prep to turn R).
7,8 Step down on R making a ½ turn R, point L to L side. (6 o'clock).
- Section 2** **Ball, Scissor Cross, Full Turn R, Drag Ball Cross.**
&1,2,3 Step L beside R, step R to R side, step L beside R, cross R over L.
4-6 Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R,
make a ¼ turn R stepping L to L side.
7&8 Drag R to beside L, step R beside L, cross L over R. (6 o'clock).
***Restart During Wall 3 - Begin again facing 6 o'clock**
- Section 3** **¾ Turn R, Coaster Step, Step L, Reverse ½ Turn L, Touch Back, Unwind ½ Turn L,**
1,2 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L.
3&4 Step back on R, close L beside R, step forward on R.
5,6 Step forward on L, make a reverse ½ turn L stepping back on R.
7,8 Touch L toe back, unwind a ½ turn L (weight forward on L). (3 o'clock).
- Section 4** **Kick Forward, Step Back, Touch Back, Kick Forward, Touch, ¼ Turn L, Drag Ball Cross.**
1,2 Kick R forward, step back on R.
3,4 Touch L toe back, kick L forward.
5,6 Touch L toe back, make a ¼ turn L (weight on L).
7&8 Drag R to beside L, step R beside L, cross L over R. (12 o'clock).
- Section 5** **Hip Bumps R,L, Cross ¼ Turn R, Side Shuffle.**
1&2 Step R to R side bumping hips R, L, R.
3&4 Step L to L side bumping hips L, R, L.
****Restart During Wall 6 - Begin again facing 6 o'clock.**
5,6 Cross R over L, make a ¼ turn R stepping back on L.
7&8 Step R to R side, close L beside R, step R to R side. (3 o'clock).
- Section 6** **Cross ¼ Turn L, Shuffle ¼ Turn L, Cross Diagonal Hitch, Behind Side.**
1,2 Cross L over R, make a ¼ turn L stepping back on R.
3&4 Make a ¼ turn L stepping L to L side, close R beside L, step L to L side.
5,6 Cross R over L, hitch L to L diagonal.
7,8 Cross step L behind R, step R to R side. (9 o'clock).
- Section 7** **Cross Hold, Ball Cross ¼ Turn R, Step ½ Turn R, Shuffle Forward.**
1,2 Cross L over R, hold count 2.
&3,4 Step R to R side, cross L over R, make a ¼ turn R stepping forward on R.
5,6 Step forward on L, make a ½ turn R.
7&8 Shuffle forward stepping L, R, L. (6 o'clock).
- Section 8** **R Kick & Point, L Kick & Point, R Jazz Box.**
1&2 Kick R forward, step R beside L, point L to L side.
3&4 Kick L forward, step L beside R, point R to R side.
5.8 Cross R over L, step back on L, step R to R side, cross L over R. (6 o'clock).
- *Restart :** **During wall 3 - dance up to and including count 16 - begin again facing 6 o'clock wall.**
****Restart :** **During wall 6 - dance up to and including count 36 - begin again facing 6 o'clock wall.**

Optional Ending: You will be facing the front wall having danced to count 32, step R to R side and place both hands on your Heart .
