

My Hero

32 count, 2 wall, beginner/intermediate level
Choreographer: Tassles & Tush (UK) Jul 04
Choreographed to: Mr Mom by Lonestar, album Let's
Be Us Again, bpm 172; 19 Something by Mark Wills

Step, together, back, hitch, left coaster cross, hold

1 - 2 step forward onto right foot, step left foot beside right
3 - 4 step back on right foot, hitch left knee
5 - 6 step back on left foot, step right foot beside left foot
7 - 8 cross left foot over right foot, hold

Vine with quarter right, hold, step, heel bounce x 3

9 - 10 step right foot to right side, step left foot behind right foot
11 - 12 step right foot quarter turn right, hold
13 - 16 step forward onto left, bounce left heel 3 times turning ½ right

Back step, together, step, ¾ turning triple step

17 - 18 step back on right foot, step left foot beside right foot
19 - 20 step back on right foot, hold
21 - 24 turning ¾ left triple step left, right, left, hold

Right cross rock, ½ right turn, hold, left, together, step, hitch

25 - 26 cross rock right over left, recover back onto left
27 - 28 ½ turn over right shoulder stepping forward onto right foot, hold
29 - 30 step forward onto left foot, step right foot beside left foot
31 - 32 step forward onto left foot, hitch right knee

Restart with Tag:

At the end of the 4th wall continue up to beat 16, you will then be facing 9 o'clock, the following 4 beats then need to be added, you will end facing 12 o'clock.

1 - 2 Step right to right side, bring left foot up behind right knee and slap with right hand
3 - 4 Step left to left side, bring right foot up behind left knee and slap with left hand

No tag needed for alternative track
