

My Hero!

32 Count, 4 Wall, Intermediate, Night Club
Choreographer: Niels Poulsen (Denmark) May 2011
Choreographed to: Hero by Enrique Inglesias
(76 bpm)

Intro: 16 counts from the first beat in music (app. 14 seconds into track)

1 – 9 R basic, L vine, cross rock, & side R, cross, ¼L, cross, ¼L with R sweep fw

1, 2&3 Step R to R side (1), step L behind R (2), cross R over L (&), step L to L side (3)

4&5 Cross R behind L (4), step L to L side (&), cross rock R over L (5)

6&7 Recover back to L (6), step R to R side (&), cross L over R (7)

&8&1 Turn ¼ L stepping back on R (&), turn ¼L stepping L to L side (8), cross R over L (&), turn ¼ L stepping L fw and sweeping R fw (1) 3:00

10-16 Run R L diagonally L, rock fw R, back L and R, L back rock, side rock, cross L over R

2&3 Turn 1/8 L running fw on R (2), run fw on L (&), rock fw on R (3) 1:30

Note for wall 1: you hit the lyrics 'would you run'...

4& Recover back on L (4), step back on R (&)

5 – 6 Rock back on L foot opening body to L side (5), recover fw on R (6)

Note for wall 1: look over your L shoulder when rocking back on L (count 5) to hit the lyrics: 'never look back'

7 – 8& Square up to 3:00 rocking L to L side (7), recover on R (8), cross L over R (&) 3:00

***Restart** here on wall 6 (facing 6:00)

17 – 24 ½ Diamond, R side rock, cross ¼ R, back R, beginning of L coaster

1, 2&3 Step R to R side (1), turn 1/8 L stepping back on L (2), step back on R (&), turn 1/8 L stepping L to L side (3) 12:00

4&5 – 6 Turn 1/8 L stepping fw on R (4), step fw on L (&), turn 1/8 L rocking R to R side (5), recover weight to L (6) (9:00)

&7& Cross R over L (&), turn ¼ R stepping back on L (7), walk back on R (&) 12:00

8& Step L back (8), step R next to L (&)

25 – 32 Fw L R L with sweeps, R jazz ¼R, cross rock side, touch together

1 – 3 Step L fw sweeping R fw (1), walk R fw sweeping L fw (2), walk L fw sweeping R fw (3)

4&5 Cross R over L (4), turn ¼R stepping back on L (&), step R to R side (5) 3:00

6&7 Cross rock L over R (6), recover on R (&), step L to L side (7) 3

8 Bend slightly in L knee sliding R next to L (8)

Tag: After wall 3 (facing 9:00) and after wall 5 (facing 3:00)

there's a 4 count tag where you do a R and L basic night club step, then start from count 1:

1 – 2& Step R a big step to R side (1), step L behind R (2), cross R over L (&) 9:00

3 – 4& Step L a big step to L side (3), step R behind L (4), cross L over R (&) 9:00

Ending: To end facing 12:00 you do the following:

You begin wall 10 facing 3:00. Do up to count 14 (facing 4:30).

When stepping L to L side (count 7) sweep 5/8 R to face 12:00

Music download available from iTunes