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Real Hero

32 count, 4 wall, intermediate level
Choreographer: Bob DeLong (USA) Nov 2001
Choreographed to: Hero (Metro Mix) by Enrique Iglesias; Hit Me With Your Best Shot by Pat Benatar; The Big One by George Strait

1-8 ROCK FORWARD, COASTER STEP, SHUFFLE, 1/4 TURN RIGHT

1,2,3&4 ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT ON RIGHT FOOT
LEFT FOOT STEP BACKWARD. RIGHT FOOT STEP NEXT TO LEFT FOOT,
LEFT FOOT STEP FORWARD SLIGHTLY.

5&6,7,8 STEP RIGHT FOOT FORWARD SHUFFLE R-L-R, STEP
LEFT FOOT FORWARD, PIVOT 1/4 TURN RIGHT ON BALLS OF FEET.

9-16 CROSSING TRIPLE STEP, SIDE ROCK, HEEL -TOE TOUCHES

1&2,3,4 CROSS LEFT FOOT OVER RIGHT SHUFFLE L-R-L
ROCK RIGHT FOOT TO RIGHT SIDE, RECOVER WEIGHT ON LEFT FOOT
5&6,7&8 TOUCH RIGHT HEEL FORWARD, TOUCH LEFT TOE BACK, TOUCH LEFT
TOE TO LEFT SIDE, TOUCH RIGHT TOE TO RIGHT SIDE.

17-24 ROCK, RECOVER, TRIPLE TURNING 1/2 RIGHT, ROCK, RECOVER, TRIPLE TURNING 1/2 LEFT

1,2,3&4 ROCK FORWARD ON RIGHT FOOT, RECOVER WEIGHT ON LEFT, SHUFFLE
R- L-R WHILE TURNING 1/2 TURN RIGHT.

5,6,7&8 ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT ON RIGHT, SHUFFLE
L-R-L WHILE TURNING 1/2 TURN LEFT.

25-32 1/2 TURN LEFT, SHUFFLE, HEEL-TOE TOUCH, SHUFFLE

1,2,3&4 STEP RIGHT FOOT FORWARD, PIVOT 1/2 TURN LEFT, SHUFFLE FORWARD R-L-R
5&6,7&8 TOUCH LEFT HEEL FORWARD, TOUCH RIGHT TOE BACK, SHUFFLE FORWARD R-L-R

(WEIGHT ENDING UP ON YOUR RIGHT FOOT TO START OVER INTO THE ROCK FORWARD)
