

My Heroes

48 Count, 2 Wall, Intermediate

Choreographer: Cheryl Hosking (Aus) Aug 2015

Choreographed to: My Heroes Have Always Been Cowboys
by Waylon Jennings. Album: Legendary Waylon Jennings
(120 bpm)

Starts on vocals – 12 counts in.

S1: FORWARD, BACK, TOGETHER, FORWARD, BACK, BACK.1,2,3 Step/rock R forward (bending knees slightly), rock/replace weight back on L, step R beside L,
4,5,6 Step/rock L forward (bending knees slightly), rock/replace weight back on R, step L back,**S2: WALTZ COASTER STEP, FORWARD CROSS UNWIND 270° L.**1,2,3 R backward coaster step waltz - step R back, step L beside R, step R forward,
4,5,6 Step L forward, cross R over L, unwind/turn 270 degrees (3/4 turn) L - weight on L, (3:00 wall)**S3: SIDE, CROSS, REPLACE, SIDE, CROSS, REPLACE**1,2,3 Step R to R side, step/cross L over R, rock/replace weight back on R,
4,5,6 Step L to L side, step/cross R over L, rock/replace weight back on L,**S4: 450° TURN R, PADDLE TURN CROSS.**1,2,3 Travelling R turning 450 degrees (1¼ turns) R - stepping R, L, R,
4,5,6 Paddle turn cross - step L forward, pivot 90 degrees R- weight on R, step L over R, (9:00 wall)**S5: ROCK R, ROCK L, STEP R OVER L, BASIC WALTZ L.**1,2,3 Step/rock R to R side, rock/replace weight onto L, step L over R,
4,5,6 Basic waltz L - stepping L, R, L,**S6: WALTZ FORWARD, BACK, TOUCH BACK, UNWIND 180°.**1,2,3 Basic waltz forward - stepping R, L, R,
4,5,6 Step L back, touch R toe back, unwind/pivot 180 degrees R - weight on L, (3:00 wall)**S7: BACK, TOUCH BACK, UNWIND 180°, BACKWARD WALTZ COASTER STEP.**1,2,3 Step R back, touch L toe back, unwind/pivot 180 degrees L - weight on R, (9:00 wall)
4,5,6 L backward coaster step waltz - step L back, step R beside L, step L forward,**S8: FORWARD, SWEEP, TOUCH IN FRONT, FORWARD, TURN 90° L, SWEEP TO SIDE.**1,2,3 Step R forward, sweep L out and around to touch in front of R (2 counts),
4,5,6 Step forward onto L, turning 90 degrees L on L - sweep R toe to R side (2 counts). (6:00 wall)**Tag: At the end of wall 3** - facing the back wall - dance the following 6 counts then Restart the dance from the beginning:1,2,3 Basic waltz forward - stepping R, L, R,
4,5,6 Basic waltz back - stepping L, R, L,