

My Hero

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Alison Biggs (UK) & Peter Metelnick (UK) Nov 2021

Choreographed to: My Hero by Westlife

Intro: 16 Counts. Start at approx 12 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	STEP HITCH ½, SIDE, BACK ROCK/RECOVER, SIDE,
	BEHIND, ¼ FWD, ½ BACK HITCH, BACK, COASTER CROSS
1-2	Step L forward as you hitch R knee up & turn ½ left (this is all one movement), step R side (6:00)
3&4	Rock L back, recover weight on R, step L side
5&6	Cross step R behind L, turning ¼ left step L forward, turning ½ left step R back and hitch L knee up (9:00)
7-8&1	Step L back, step R back, step L together, cross step R over L
SEC 2	SIDE ROCK/RECOVER, CROSS, SIDE, BEHIND, SIDE, CROSS, POINT, TOG, COASTER STEP
2&3	Rock L side, recover weight on R, cross step L over R
4&5	Step R side, cross step L behind R, step R side
6&7	Cross step L over R, point R side, step R together
8&1	Step L back, step R forward, step L forward (extended 5th to prep for turn)
Restart	Here on Wall 4
Restart SEC 3	Here on Wall 4 ½ BACK, BACK ROCK/RECOVER, ½ BACK,
	½ BACK, BACK ROCK/RECOVER, ½ BACK,
SEC 3	½ BACK, BACK ROCK/RECOVER, ½ BACK, BACK ROCK/RECOVER, FWD, FWD, ¼ PIVOT TURN, CROSS, SIDE
SEC 3 2-3&4	½ BACK, BACK ROCK/RECOVER, ½ BACK, BACK ROCK/RECOVER, FWD, FWD, ¼ PIVOT TURN, CROSS, SIDE Turning ½ left step R back, rock L back, recover weight on R, turning ½ right step L back (9:00)
SEC 3 2-3&4 5&6	½ BACK, BACK ROCK/RECOVER, ½ BACK, BACK ROCK/RECOVER, FWD, FWD, ¼ PIVOT TURN, CROSS, SIDE Turning ½ left step R back, rock L back, recover weight on R, turning ½ right step L back (9:00) Rock R back, recover weight on L, step R forward
SEC 3 2-3&4 5&6 7&8&	½ BACK, BACK ROCK/RECOVER, ½ BACK, BACK ROCK/RECOVER, FWD, FWD, ¼ PIVOT TURN, CROSS, SIDE Turning ½ left step R back, rock L back, recover weight on R, turning ½ right step L back (9:00) Rock R back, recover weight on L, step R forward Step L forward, pivot ¼ right, cross step L over R, step R side (12:00)
SEC 3 2-3&4 5&6 7&8& SEC 4	1/2 BACK, BACK ROCK/RECOVER, 1/2 BACK, BACK ROCK/RECOVER, FWD, FWD, 1/4 PIVOT TURN, CROSS, SIDE Turning 1/2 left step R back, rock L back, recover weight on R, turning 1/2 right step L back (9:00) Rock R back, recover weight on L, step R forward Step L forward, pivot 1/4 right, cross step L over R, step R side (12:00) CROSS ROCK/RECOVER, SIDE, CROSS ROCK/RECOVER, SIDE, CROSS, 1/4 RUN BACK, BACK, TOG
SEC 3 2-3&4 5&6 7&8& SEC 4 1-2&	½ BACK, BACK ROCK/RECOVER, ½ BACK, BACK ROCK/RECOVER, FWD, FWD, ¼ PIVOT TURN, CROSS, SIDE Turning ½ left step R back, rock L back, recover weight on R, turning ½ right step L back (9:00) Rock R back, recover weight on L, step R forward Step L forward, pivot ¼ right, cross step L over R, step R side (12:00) CROSS ROCK/RECOVER, SIDE, CROSS ROCK/RECOVER, SIDE, CROSS, ¼ RUN BACK, BACK, TOG Cross rock L over R, recover weight on R, step L side

