

Heroes!

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Ann-Kristin Sandberg (NOR) - October 2014

Musik: Helele (Safri Duo Single Mix) - Safri Duo & Velile : (iTunes)



INTRO : 32 Counts (16 sec)

STEP-TOGETHER-STEP-TOUCH-STEP-TOGETHER-STEP-TOUCH

- 1-2 Step right diagonal forw to right, Step left next to right
- 3-4 Step right diagonal forw to right, Touch left next to right
- 5-6 Step left diagonal forw to left, Step right next to left
- 7-8 Step left diagonal forw to left, Touch right next to left

ROCK RECOVER-TOE STRUTS BACKW

- 1-2 Step right forw, Recover onto left
- 3-4 Touch right toe back, Heel down
- 5-6 Touch left toe back, Heel down
- 7-8 Touch right toe back, Heel down

(Bend knees on count 4,6,8)

BACK-TOUCH-FORW-TOUCH-STEP-BESIDE-1/4 TURN-TOUCH

- 1-2 Step left foot back, Touch right next to left
- 3-4 Step right foot forw, Touch left next to right
- 5-6 Step left foot forw, Step right next to left
- 7-8 Make a ¼ turn left stepping left forw, Touch right next to left (09)

SIDE-SIDE-BACK-BACK-ROLLING HIPS

- 1-2 Step right diagonal forw to right, Step left diagonal forw to left
- 3-4 Step right foot back, Step left to left side
- 5-6-7-8 Move hips anti-clockwise (weight on left foot)

TAG 1 : End of wall 2 Facing 6.00

Do the last 8 counts of the dance

TAG 2 : End of wall 5 Facing 9.00

Do the last 8 counts of the dance

TAG 3 : End of wall 8 Facing 12.00 - 16 counts:

Do the last 8 counts of dance 1-8 :: and 8 more:

- 1-4 Shimmy shoulders to right
- 5-8 Shimmy shoulders to left

Move Your Body & Have Some Fun!

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Last Updates - 4th Nov 2014