

Your Hero

Count: 62

Wand: 2

Ebene: Intermediate

Choreograf/in: Chris Hodgson (UK) - March 2014

Musik: Hero - Family of the Year



Intro 8 counts

[1-8] FORWARD ROCK / TOG-BACK-BACK / BACK ROCK / LOCK STEP

- 1-2 Step Forward On Right, Rock Weight Back Onto Left
- &3-4 Step Right Next To Left, Step Back On Left, Step Back On Right
- 5-6 Step Back On Left, Rock Weight Forward Onto Right
- 7&8 Step Forward On Left, Lock Right Behind Left, Step Forward On Left (12)

[9-16] STEP-1/4 TURN / CROSS-ROCK-SIDE / CROSS ROCK / CROSS-UNWIND 1/2 TURN

- 1-2 Step Forward On Right, Pivot 1/4 Turn Left (9)
- 3&4 Cross Right Over Left, Rock Back Onto Left, Step Right To Right Side
- 5-6 Cross Left Over Right, Rock Back Onto Right
- &7-8 Step Left Next To Right, Cross Right Over Left, Unwind 1/2 Turn Left (Weight Ends On Left) (3)

[17-24] LOCK STEP FORWARD / SWEEP-CROSS x 2 / LOCK STEP BACK / CHASSE 1/4 TURN

- 1&2 Step Forward On Right, Lock Left Behind Right, Step Forward On Right
- 3-4 Sweep Left Forward Crossing Over Right, Sweep Right Forward Crossing Over Left
- 5&6 Step Back On Left, Lock Right Over Left, Step Back On Left
- 7&8 Step Right 1/4 Turn Right, Step Left Next To Right, Step Right To Right Side (6)

[25-32] CROSS ROCK / TOG-TAP-POINT SIDE / 1/2 MONTEREY TURN-POINT / & CROSS ROCK

- 1-2 Cross Left Over Right, Rock Weight Back Onto Right
- &3-4 Step Left To Left Side, Tap Right Toe Across Left, Point Right Toe To Right Side
- 5-6 1/2 Turn Right Stepping Right Next To Left, Point Left Toe To Left Side (12)
- &7-8 Step Left Next To Right, Cross Right Over Left, Rock Weight Back Onto Left

[33-40] CHASSE / CROSS ROCK / CHASSE 1/4 TURN / STEP-1/2 TURN

- 1&2 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side
- 3-4 Cross Left Over Right, Rock Weight Back Onto Left
- 5&6 Step Left To Left Side, Step Right Next To Left, Step Left 1/4 Turn Left (9)
- 7-8 Step Forward On Right, Pivot 1/2 Turn Left (3)

[41-48] SIDE-ROCK-CROSS x 2 / LONG STEP SIDE-DRAG / TOGETHER-CROSS-1/4 TURN

- 1&2 Step Right To Right Side, Rock Weight Onto Left, Cross Right Over Left (Travelling Slightly Forward)
- 3&4 Step Left To Left Side, Rock Weight Onto Right, Cross Left Over Right (Travelling Slightly Forward)
- 5-6 Long Step Right To Right Side, Drag Left Towards Right
- &7-8 Step Left Next To Right, Cross Right Over Left, 1/4 Right Stepping Back On Left (6)

[49-56] KICK-BALL-CROSS / SIDE ROCK / BEHIND-SIDE-CROSS / KICK-BALL-STEP

- 1&2 Kick Right To Right Diagonal, Step Ball Of Right Next To Left, Cross Left Over Right
- 3-4 Step Right To Right Side, Rock Weight Onto Left
- *** RESTART HERE ON WALL 1***
- 5&6 Cross Right Behind Left, Step Left To Left Side, Cross Right Over Left
- 7&8 Kick Left Forward, Step Ball Of Left Next To Right, Step Forward On Right

[57-62] STEP-1/2 TURN-STEP / STEP-1/2 TURN / WALK x 2

1&2 Step Forward On Left, Pivot 1/2 Turn Right, Step Forward On Left (12)

3-4 Step Forward On Right, Pivot 1/2 Turn Left (6)

5-6 Step Forward On Right, Step Forward On Left

BEGIN AGAIN

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Last Update - 20th March 2014
