

Heroes

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Berit Johannessen (NOR) - May 2015

Music: Heroes by Måns Zelmerlöf



Notes:-

Restart: Walls 1, 2, 7, 8 after 20 count

Tag: After wall 11

Start with vocals

S1: SIDE, CROSS ROCK , CHASSE, SIDE, SAILORSTEP □□□

1-2-3-4& Right side, cross left over right, recover, step left side, right beside

5-6-7&8 Left side, recover, cross left behind right, right to side, step left side

S2: CROSS ROCK , CHASSE 1/4 RIGHT, 1/2 TURN RIGHT, 1/4 TURN RIGHT, CROSS □

1-2-3&4 Cross right over left, recover, right side, left beside, right 1/4 turn right(3)

5-6-7-8 Step left 1/2 turn right over right shoulder(9), right 1/4 turn right, cross over right(12), recover

S3: 1/4 TURN LEFT, PIVOT 1/2 TURN LEFT, ROCK, SYNCOPATED WEAVE LEFT□

1-2-3-4 Left 1/4 turn left, hold, right forward(9), pivot 1/2 turn left(3) Restart

5-6-7&8 Rock right side, recover, cross right behind left, left beside, cross over left

S4: STEP, TOUCH, STEP ,TOUCH, ROCK, COASTERSTEP□□□

1-2-3-4 Left side, touch right beside, right side, touch left beside

5-6-7&8 Rock left forward, recover, step left backward, right beside, left forward

Tag: □□□□□□□

1-2-3-4 Step right side with hips, hips to left, rock right backward, recover

Contact: Berit.jo@online.no