

# From Zero To Hero

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Val Hurt (UK)

Music: From Zero to Hero - Sarah Connor



## **KICK OUT OUT KNEE TURN COASTER STEP STEP ¼ PIVOT**

- 1&2 Kick right foot forward, step right to right side, step left to left side  
3-4 Pop right knee in facing left, turn right knee out making ¼ turn right  
5&6 Step back on right, close left to right, step right slightly forward  
7-8 Step forward on left, make ¼ turn right stepping right to right side

## **CROSS SHUFFLE, ¼ TURN TWICE CROSS OUT OUT, SHUFFLE FORWARD**

- 1&2 Cross left over right, step right to right side, cross left over right  
3-4 Make ¼ turn left stepping back on right, make ¼ turn left stepping left to left side  
5&6 Cross right over left, step left to left side, step right to right side  
7&8 Step forward on left, close right to left, step forward on left

## **KICK AND POINT TWICE STEP ½ PIVOT, SHUFFLE HALF TURN**

- 1&2 Kick right foot forward, step down on right, point left toe to left side  
3&4 Kick left foot forward, step down on left, point right toe to right side  
5-6 Step forward on right, pivot half turn left  
7&8 Make ¼ turn left stepping right to right side, close left to right, make ¼ turn left stepping right to right side

## **BACK BACK COASTER CROSS, KICK BALL CROSS, SIDE ROCK**

- 1-2 Slide left foot back, slide right foot back  
3&4 Step back on left, close right to left, step left forward  
5&6 Kick right foot forward, step down on right, cross left over right  
7-8 Rock right foot out to right side, recover to left

## **BEHIND AND CROSS, SIDE ROCK, SAILOR BACK TWICE**

- 1&2 Cross right behind left, step left to left side, cross right over left  
3-4 Rock left out to left side, recover to right  
5&6 Traveling back, step left behind right, step right to right side, step left to left side  
7&8 Traveling back, step right behind left, step left to left side, step right to right side

## **CROSS BEHIND UNWIND ¾ TURN, ROCK AND STEP SIDE, CROSS SIDE SAILOR**

- 1-2 Cross left behind right, unwind ¾ turn left  
3&4 Cross rock right over left, recover to left, step right to right side  
5-6 Cross step left over right, step right to right side  
7&8 Step left behind right, step right to right side, step left to left side

## **CROSS, KICK BALL CROSS TWICE, SIDE ROCK, BEHIND ¼ TURN**

- 1-2& Cross step right over left, kick left foot forward, step down on ball of left foot  
3-4& Cross step right over left, kick left foot forward, step down on ball of left foot  
5-6 Cross step right over left, rock left out to left side  
7-8& Recover to right, step left behind right, make ¼ turn right stepping forward on right

## **STEP FORWARD, SKATE RIGHT & LEFT, CHASSE, BACK ROCK RECOVER, STEP LEFT**

- 1-2 Step forward on left, make skating motion stepping forward on right  
3-4& Make skating motion stepping forward on left, step right to right side, close left to right

5-6 Step right to right side, rock left behind right  
7-8 Recover to right, step left to left side

## **REPEAT**

## **TAG**

**16 count tag to be danced at the end of 2nd wall**

### **KICK BALL CROSS TWICE, SIDE ROCK BEHIND & CROSS**

1&2 Kick right foot forward, step down on ball of right foot, cross step left over right  
3&4 Kick right foot forward, step down on ball of right foot, cross step left over right  
5-6 Rock right foot out to right side, recover to left  
7&8 Step right behind left, step left foot to left side, cross step right over left

### **KICK BALL CROSS TWICE, SIDE ROCK BEHIND TURN STEP**

1&2 Kick left foot forward, step down on ball of left foot, cross step right over left  
3&4 Kick left foot forward, step down on ball of left foot, cross step right over left  
5-6 Rock left foot out to left side, recover to right  
7&8 Cross left behind right, make  $\frac{1}{4}$  turn right stepping right forward, step forward on left

## **ENDING**

**Dance first 4 counts of the dance cross left over right & unwind  $\frac{1}{2}$  turn right to bring you to home wall**

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