

# A Hero Lies In You

COPPER KNOB  
BY SHEETS

Count: 32

Wall: 2

Level: Intermediate / Advanced

Choreographer: Dee Musk (UK) - August 2008

Music: Hero - Mariah Carey



**Intro: 16 Count Intro. (Approx 16 secs) start just after main vocals.**

**Section 1: Forward Lunge Recover, Back, ½ Turn L, 1 ½ Turn L, Run Run Side, Back Rock Side.**

- 1,2& Step forward on R and lunge forward, recover weight to L, step back on R.  
3 Make a ½ turn L travelling backwards.  
4&5 Make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L, make a ½ turn L stepping R beside L. (Easier option: ½ triple turn L).  
6&7 Run forward L, run forward R, step L to L side.  
8&1 Cross rock R behind L, recover weight to L \*, step R to R side. (12 o'clock).

(\* RESTART here DURING Wall 3 – facing 12 o'clock)

**Section 2: Cross ¼ Turn L, ¼ Turn L, Back Rock Side, Run Run, Mambo ½ Turn L, Step Reverse Full Spiral Turn R.**

- 2&3 Cross L over R, make a ¼ turn L stepping back on R, make a ¼ turn L stepping side on L.  
4&5 Cross rock R behind L, recover weight to L, step R to R side.  
6& Run forward L, run forward R.  
7&8 Rock forward on L, recover weight to R, make a ½ turn L stepping forward on L.  
&1 Step forward on R (&), stepping forward on L make a reverse full spiral turn R travelling forward (weight on L).

(Easier option for Count 1, step forward L with no turn). (12 o'clock).

**Section 3: Step, ¼ Turn R With Hitch, Cross, ¼ Turn L, ¼ Turn L, Cross, Recover, Side, Cross, Recover, Side, Cross.**

- 2&3 Step forward on R, make a ¼ turn R hitching L knee, cross L over R.  
4& Making a ¼ turn L step back on R, make a ¼ turn L stepping L to L side.  
5,6& Cross rock R over L, recover weight to L, step R to R side.  
7,8& Cross rock L over R, recover weight to R, step L to L side.  
1 Cross R over L. (9 o'clock).

**Section 4: ¼ Turn R, Side R, Step L, Step ½ Turn L, Rock Forward, Recover, Back Rock, Recover, Run Run.**

- 2&3 Making a ¼ turn R step back on L, step R to R side, step forward on L.  
4& Step forward on R, make a ½ turn L.  
5,6 Rock forward on R, recover weight to L.  
&7 Quick rock back on R on the & count, recover weight to L.  
8& Run forward R, run forward L. (6 o'clock).

\* RESTART: DURING 3rd Wall – Dance Section 1 then begin again AFTER Count 8& (facing 12 o'clock).

\*\* TAG: At the END of the 5th wall, ADD the following steps:

- 1,2& Step forward on R and lunge forward, recover weight to L, step back on R.  
3 Make a ½ turn L travelling backwards.  
4,& Step forward on R, make a ½ turn L.

Then restart the dance facing 12 o'clock.

Optional Ending – Dance up to and including Counts 2&3 in Section 4 finishing at the front wall then add an extra step R full turn L for a super finish.

Relax and Lose yourself - Enjoy ? Luv Dee xx

---