

Hero in You

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Claire Bell (UK) - May 2021

Musique: Hero - Afrojack & David Guetta : (Single)



Intro: 16 counts - No tags or restarts !

Section 1: Walk, forward coaster, shuffle ½ turn, step, pivot, step

- 1 Walk forward on right
- 2&3 Step forward on left, step right next to left, step back on left
- 4&5 ½ turn right stepping right forward, step left next to right, step forward on right
- 6,7,8 Step forward on left, pivot ½ turn right, step forward on left (12.00)

Section 2: Side rock, side rock ¼ turn, jazz box cross

- 1,2 Rock right to right side (using hips), recover weight on left
- 3,4 Rock right to right side making ¼ turn left (using hips), recover weight on left
- 5,6 Cross right over left, step back on left
- 7,8 Step right to right side, cross left over right (9.00)

Section 3: Side ,drag, cross rock, shuffle ¼ turn ,rock, recover

- 1,2 Big stride on right to right side, drag left up to right
- 3,4 Cross rock left over right, recover weight on right
- 5&6 Make ¼ turn left stepping left forward, step right next to left, step forward on left
- 7,8 Rock forward on right, recover weight on left (6.00)

Section 4: Walk back, walk back, coaster step, kick and touch, down, up

- 1,2 Step right back (option - sweep left round from front to back), step left back (option -sweep right round from front to back)
- 3&4 Step back on right, step left next to right, step forward on right
- 5&6 Kick left forward, step back on left, touch right toe forward (weight on left)
- 7,8 Dip down (bend knees), straighten up (weight on left) and hook right above left shin

Ending: Wall 11, section 2, counts 5-8, jazz box ¼ turn right to face front.
