

# Heroes & Friends

**Compte:** 24

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** David Cheshire (AUS)

**Musique:** Heroes and Friends - Randy Travis



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## STEP, PIVOT SWEEP, TOUCH, HOLD TWICE

- 1-3 Step forward on left, on ball of left foot pivot  $\frac{1}{4}$  turn left while sweeping right foot across floor & touch right toe next to left foot, hold
- 4-6 Step forward on right, on ball of right foot pivot  $\frac{1}{4}$  turn right while sweeping left foot across floor & touch left toe next to right foot, hold

## STEP, POINT, HOLD, WITH DIP TWICE

- 1-3 Step forward on left bending knees, point right to right & straighten knees, hold
- 4-6 Step forward on right bending knees, point left to left & straighten knees, hold

## CROSS, BACK, HINGE $\frac{1}{2}$ TURN STEP TWICE

- 1-3 Step left foot across right, step back on right foot, on ball of right foot pivot  $\frac{1}{2}$  turn left, step left foot next to right
- 4-6 Step right foot across left, step back on left foot, on ball of left foot pivot  $\frac{1}{2}$  turn right, step right foot next to left

## LEFT TWINKLE, CROSS, SIDE, $\frac{1}{2}$ TURN PIVOT STEP

- 1-3 Step left foot across right, step right next to left, step left next to right
- 4-6 Step right foot across left, step left foot to left. On ball of left pivot  $\frac{1}{2}$  turn right & step forward on right

## REPEAT

## TAG

### At the end of the 4th wall facing front

- 1-3 Step long step on left to left, slide right next to left & touch, hold
- 4-6 Step long step to right on right, slide left next to right & touch, hold
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