

# Heroes!

拍数: 32      墙数: 4      级数: Improver  
编舞者: Ann-Kristin Sandberg (NOR) - October 2014  
音乐: Helele (Safri Duo Single Mix) - Safri Duo & Velile : (iTunes)



**INTRO : 32 Counts (16 sec)**

## **STEP-TOGETHER-STEP-TOUCH-STEP-TOGETHER-STEP-TOUCH**

1-2            Step right diagonal forw to right, Step left next to right  
3-4            Step right diagonal forw to right, Touch left next to right  
5-6            Step left diagonal forw to left, Step right next to left  
7-8            Step left diagonal forw to left, Touch right next to left

## **ROCK RECOVER-TOE STRUTS BACKW**

1-2            Step right forw, Recover onto left  
3-4            Touch right toe back, Heel down  
5-6            Touch left toe back, Heel down  
7-8            Touch right toe back, Heel down

**(Bend knees on count 4,6,8)**

## **BACK-TOUCH-FORW-TOUCH-STEP-BESIDE-1/4 TURN-TOUCH**

1-2            Step left foot back, Touch right next to left  
3-4            Step right foot forw, Touch left next to right  
5-6            Step left foot forw, Step right next to left  
7-8            Make a ¼ turn left stepping left forw, Touch right next to left (09)

## **SIDE-SIDE-BACK-BACK-ROLLING HIPS**

1-2            Step right diagonal forw to right, Step left diagonal forw to left  
3-4            Step right foot back, Step left to left side  
5-6-7-8        Move hips anti-clockwise (weight on left foot)

**TAG 1 : End of wall 2 Facing 6.00**

**Do the last 8 counts of the dance**

**TAG 2 : End of wall 5 Facing 9.00**

**Do the last 8 counts of the dance**

**TAG 3 : End of wall 8 Facing 12.00 - 16 counts:**

**Do the last 8 counts of dance 1-8 :: and 8 more:**

1-4            Shimmy shoulders to right  
5-8            Shimmy shoulders to left

**Move Your Body & Have Some Fun!**

Contact: [anne88@online.no](mailto:anne88@online.no)

**Last Updates - 4th Nov 2014**