

# Heroes

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Tony Myers (UK) - April 2015  
音乐: Heroes (We Could Be) (feat. Tove Lo) - Alesso



## Intro 16 Counts

### SECTION 1:-Side Rock, Recover: Cross & Heel: & Rock, Recover: Shuffle Turn

1 2            Rock right to side (1) Recover weight to left (2)  
3&4          Cross right over left (3) Step slightly back on left (&) Dig right heel to right diagonal (4)  
&56          Step slightly back on right (&) Rock forward on left (5) Recover weight to right (6)  
7&8          Turn ¼ left stepping left to side (7) Step right next to left (&) Turn ¼ left stepping forward on left (8) (6:00)

### SECTION 2:-Cross, Kick: Behind, Side, Cross: Turn, Side: Coaster Step

1 2            Step right across left (1) Kick left to side (2)  
3&4          Step left behind right (3) Step right to side (&) Step left over right (4)  
5 6            Turn ¼ right stepping back on right (5) Step left to side (6) (3:00)  
7&8          Step back on right (7) Step left with right (&) Step forward on right (8)

### SECTION 3:-Step, Pivot: Side Rock & Cross: Side, Together: Shuffle Turn

1 2            Step forward on left (2) Pivot ½ turn right (9:00)  
3&4          Rock left to side (3) Recover weight on right (&) Cross left over right (4)  
5 6            Step right to side (5) Step left next to right (6)  
7&8          Step right to side (7) Step left next to right (&) Turn ¼ right forward on right (8) (12:00)

### SECTION 4:- Step, Hold :Step, Turn, Step: Side, Touch: Kick, Ball, Cross

1 2            Step forward on left (1) Hold (2)  
3&4          Step forward on right (3) Pivot ½ turn left (&) Step forward on right (4) (6:00)  
5 6            Step left to side (5) Touch right next to left (6)  
7&8          Kick right forward (7) Step onto right (&) Cross left over right (8) (6:00) #R walls 3 & 6

### SECTION 5:-Back, Sweep: Back, Sweep: Behind, Side: Cross Mambo Turn

1 2            Step back on right(1) Sweep left behind right (2)  
3 4            Step back on left (3) Sweep right behind left (4)  
5 6            Step right behind left (5) Step left to side (6)  
7&8          Rock right over left (7) Recover weight on left (&) Turn ¼ right stepping right to side (8) (9:00)

### SECTION 6:-Cross Point: Sailor Turn: Left Knee Pop x 2: Side, Together, Forward

1 2            Cross left across right (1) Point right to side (2)  
3&4          Step right behind left (3) Turn ¼ right stepping left to side (&) Turn ¼ right stepping forward on right(4) (3:00)  
5 6            Pop left knee in (5) Pop left knee out (4)  
7&8          Step right to side (7) Step left next to right (&) Step forward on right (8)

### SECTION 7:-Step Forward, Touch: Step Back, Touch: Press, Kick: Left Back, Lock, Back

1 2            Step forward on left to left diagonal (1) Touch right next to left (2)  
3 4            Step back on right to right diagonal (3) Touch left next to right(4)  
5 6            Press left slightly forward (5) Place weight back on right & kick left forward (6)  
7&8          Step back on left (7) Lock right over left (&) Step back on left (8)

### SECTION 8:-Pivot Turn: Rock & Turn: Side Rock, Recover: Cross Shuffle

1 2            Step forward on right (1) Pivot ¼ turn left (2) (12:00)

3&4 Rock forward on right (3) Recover weight onto left (&) Turn ½ right stepping forward on right (4) (6:00)  
5 6 Rock left to side (5) Recover weight to right (6)  
7&8 Cross left over right (7) Step right to side (&) Cross left over right (8)

**#Restarts after 32 counts on walls 3 (6:00) and 6 (12:00)**

**Dance finishes facing 12:00 after wall 8. On last count of music stamp right to side to finish.**

**Have fun**

**Contact: [tonymyers@live.co.uk](mailto:tonymyers@live.co.uk)**

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