

# Secret Love of Heroes

COPPER KNOB  
BYEPOSTHEATS

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Gary Spurway (UK) - July 2016  
音乐: Secret Love Song (feat. Jason Derulo) - Little Mix



Alt music; Heroes by Mans Zelmerlow

\*Little Mix – start on hard beat after she sings “cause im yours “ (slow song )

\*\*Mans Zelmerlow - start after he sings “we are the heroes of our time “ either the 1st time (about 37 secs in but no prominent beats) or on the hard beat after he sings it the 3rd time(about 1;08 in) ( fast song)

## Section 1: Turned Chasse In A Box

1&2                      turn ¼ to the left and step to right, step left to right ,step right to side  
3&4                      turn ¼ to the left and step to the left ,right together ,step left  
5&6                      turn ¼ to the left and step to right, step left to right ,step right to side  
7&8                      turn ¼ to the left and step to the left ,right together ,step left

## Section 2: Walk Walk Mambo ,Back Back Coaster Cross

1-2                      walk forward right ,left  
3&4                      rock on right , recover on left, step back right  
5-6                      back left , right  
7&8                      step back left, step right together ,step forward left

## Section 3: Cross And Rock ,Cross And Rock ,Step ½ Turn, Scuff Scoot Step

1&2                      cross right in front of left ,rock on to left ,recover on to right  
3&4                      cross left in front of right ,rock on to right , recover on to left  
5-6                      step right forward, and do ½ turn  
7&8                      scuff right forward ,hitch right and scoot forward ,step right down

(Easy Option Remove The “Scoot Forward “)

## Section 4: Side Close ,Side Close Side, Heel Switches Clap

1-2                      step left to side ,step right together  
3&4                      step left to side ,step right together ,left to side  
5-6                      right heel forward ,right heel in and left heel forward  
7-8                      left heel back and right heel forward ,clap hand

Start Again

Any Feed Back Is Appreciated

Contact: [www.crazyrenegades.co.uk](http://www.crazyrenegades.co.uk) - [info@crazyrenegades.co.uk](mailto:info@crazyrenegades.co.uk)