

# The Hero

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Wandy Hidayat (INA) - July 2021  
音乐: Hero - Mariah Carey



## I. ½ R, SWEEP, BACK, SIDE, LUNGE, SIDE, SPIRAL, SIDE, CROSS, SIDE WITH HOOK

- 1            ½ Turn R step LF back and sweep RF (6.00)
- 2&3        Step RF behind LF, step LF to side, cross RF over LF with lunge
- 4&5        Recover on LF, step RF to side, cross LF over RF and full spiral R
- 6&7        Step RF to side, recover on LF, cross RF over LF
- 8            Step LF to side and hook RF

## II. DIAMOND, ½ L, SWEEP, BACK, SIDE, FWD, CLOSE

- 1            Step RF to side
- 2&3        1/8 Turn L step LF back, step RF back, 1/8 turn L step LF to side
- 4&5        1/8 Turn L step RF fwd, step LF fwd, ½ turn L step RF back and sweep LF (9.00)
- 6&7        Step LF behind RF, step RF to side, step LF fwd
- 8&         Recover on RF, close LF together

## III. ½ R HITCH, WALK L-R, FWD, ½ L, 2 ¼ CHAINE TURN

- 1            Step RF fwd and ½ turn R hitch LF
- 2-3        Walk LF-RF
- 4&5&       Step LF, recover on RF, ½ turn L step LF fwd, ½ turn L step RF back
- 6&7        ½ Turn L step LF fwd, ½ turn L step RF back, ¼ turn L step LF to side (12.00)
- 8&         Step RF behind LF, step LF in place

## IV. ¼ R WEAVE, ½ L, NC BASIC, SPIRAL, FWD

- 1            ¼ Turn R step RF fwd and sweep LF (3.00)
- 2&3        Cross LF over RF, step RF to side, step LF back and sweep RF
- 4&5        Step RF behind LF, ¼ turn L step LF fwd, ¼ turn L step RF to side (9.00)
- 6&7        Step LF slightly behind RF, recover on RF, step LF to side and ¾ R spiral (6.00)
- 8            Step RF fwd

### Tag 1 (8c) after wall 2

#### CROSS, SIDE, CROSS, FWD, ¼ L, ¼ R

- 1            Cross LF over RF
- 2&3        Recover on RF, step LF to side, cross RF over LF
- 4&5        Recover on LF, step RF to side, step LF fwd
- 6-8        Recover on RF, ¼ turn L step LF to side, ¼ turn R step RF in place

### Tag 2 (4c) after wall 4

#### CROSS, SIDE, CROSS, SIDE

- 1-2&       Cross LF over RF, recover on RF, step LF to side
- 3-4&       Cross RF over LF, recover on LF, step RF to side

Enjoy the dance!!

Contact: [hidayatwandi73@gmail.com](mailto:hidayatwandi73@gmail.com)