

# You're The Hero

COPPERKNOB  
BY SHEETS

拍數: 32      牆數: 2      級數: High Improver NC  
編舞者: Niels Poulsen (DK) & Shane McKeever (N.IRE) - December 2019  
音樂: Hero - Mariah Carey : (iTunes)



**Intro: Start after 16 counts. Start with weight on R. START FACING 6:00 !!!**

**\*1 Restart: On wall 3, which starts facing 6:00. Restart after 8 counts, now facing 12:00**

**\*1 Tag: On wall 5, which starts facing 6:00. Tag comes after 32 counts, now facing 12:00.**

**\*Tag described in detail below**

**[1 – 8] ½ R sweep, behind side, cross rock, & prissy walks LR, L rocking chair**

- 1            Turn ½ R on R stepping back on L sweeping R out to R side (1) 12:00  
2&          Cross R behind L (2), step L to L side (&) 12:00  
3 – 4        Cross rock R over L (3), recover back on L (4) 12:00  
&5 – 6       Step R a small step to R side (&), walk L fwd and slightly in front of R (5), walk R fwd and slightly in front of L (6) 12:00  
7&8&        Rock L fwd (7), recover back on R (&), rock back on L (8), recover fwd onto R (&) ... 12:00  
**\* Restart on wall 3, after 8 counts, facing 12:00**

**[9 – 16] ½ R, ¼ R sway sway, 2 quick sways, R basic, L vine, cross**

- 1 – 3        Turn ½ R stepping back on L (1), turn ¼ R stepping/swaying R to R side (2), sway L to L side (3) 9:00  
4&          Sway R to R side (4), sway L to L side (&) 9:00  
5 – 6&       Step R a big step to R side (5), close L behind R (6), cross R over L (&) 9:00  
7&8&        Step L to L side (7), cross R behind L (&), step L to L side (8), cross R over L (&) 9:00

**[17 – 24] L basic, ½ sweep L, 1/8 L run run rock, Hold/Reach, back sweep X 2**

- 1 – 2&       Step L a big step to L side (1), close R behind L (2), cross L over R (&) 9:00  
3            Step R to R side turning ½ L and sweeping L out to L side at the same time (3) 3:00  
4&5        Continue turning 1/8 on R walking L fwd (4), walk R fwd (&), rock L fwd starting to reach R arm fwd with palm facing up (5) ...

**(Note: Mariah sings REACH...) 1:30**

- 6 – 8        Finish reaching R arm up (6), recover back on R sweeping L to L side (7), walk back on L sweeping R to R side (8) 1:30

**[25 – 32] R back rock, fwd sway LR, 1/8 L sweep, weave sweep, behind side, prissy walk LR**

- 1            Rock back on R (1) 1:30  
2&3        Recover fwd onto L swaying body fwd (2), recover back on R swaying body back (&), recover onto L turning 1/8 L sweeping R fwd (3) 12:00  
4&5        Cross R over L (4), step L to L side (&), cross R behind L sweeping L to L side (5) 12:00  
6&        Cross L behind R (6), step R to R side (&) 12:00  
7 – 8        Walk L fwd and slightly in front of R (7), walk R fwd and slightly in front of L (8) 12:00

**TAG – 4 counts/after wall 5, facing 12:00 1 – 4 Rock L fwd, Hold/point, recover R, L back rock**

- 1 – 3        Rock L fwd starting to raise L arm and pointing L index finger fwd (Mariah sings 'YOU') (1), finish arm raise (2), drop L arm and recover back on R (3) 12:00  
4&        Rock back on L (4), recover fwd onto R (&) 12:00

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