

# Hero

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - September 2021  
音樂: Hero - Afrojack & David Guetta : (Spotify)



(Intro: 16 counts).....

## [S1] Sailor Step, Back Rock, 1 and 1/4 Turn Left

1&2      Step R behind L, Step L beside R, Step R to the side  
3 4      Rock back on L, Replace weight on R  
5 6      Step forward on L, Make a 1/2 turn left stepping back on R (6:00)  
7 8      Make a 1/2 turn left stepping forward on R, Make a 1/4 turn left stepping R to the side (9:00)

## [S2] Reverse Rocking Chair, 1/4R w/ Kick, Coaster Step, 1/4R

1 2      Rock back on L, Replace weight on R  
3 4      Rock forward on L, Replace weight on R  
5      Make a 1/4 turn right stepping (hop) back on L/kick forward on R (12:00)  
6&7      Step back on R, Step L next to R, Step forward on R  
8      Make a 1/4 turn right stepping L to the side (3:00)

## [S3] Reverse Rocking Chair, 1/4R w/ Kick, Side Rock-Cross, Point

1 2      Rock back on R, Replace weight on L  
3 4      Rock forward on R, Replace weight on L  
5      Make a 1/4 turn left stepping (hop) back on R/kick forward on L (12:00)  
6&7      Rock L to the side, Replace weight on R, Cross L over R  
8      Point R to the side

## [S4] 1/4R, Step-Pivot 1/2R-1/2R Turning Shuffle-1/2R-Fwd-Samba 1/4L

1      Make a 1/4 turn right step down on R (3:00)  
2 3      Step forward on L, Make a 1/2 turn right recover weight on R (9:00)  
4&5      Making a 1/2 turn right shuffle back on L-R-L (3:00)  
6      Make a 1/2 turn right stepping forward on R (9:00)  
7&8      Step forward on L, Making a 1/4 turn left rock R to the side, Replace weight on L (6:00)

## [S5] 2x (Cross-1/4R-Back w/ Drag-Ball)

1 2      Cross R over L, Make a 1/4 turn right stepping back on L (9:00)  
3 4&      Step back on R, Dragging L close to R, Ball step L next to R  
5 6      Cross R over L, Make a 1/4 turn right stepping back on L (12:00)  
7 8&      Step back on R, Dragging L close to R, Ball step L next to R

## [S6] Cross Touch-Unwind 1/2L, Side Shuffle, Back Rock-Ball-Behind Touch-Unwind 1/2L

1 2      Touch/cross R toe over L, Unwind 1/2 turn left weight ends on R (6:00)  
3&4      Left side shuffle on L-R-L  
5 6&      Rock back on R, Replace weight on L, Step R to the side  
7 8      Touch/cross L toe behind R, Unwind 1/2 turn left weight ends on L (12:00)

## [S7] Fwd-Out-Out, Paddle 1/4R, Syncopated Weave 1/4R, Step-3/4R Pivot

1&2      Step forward on R, Step L out to the side, Step R out to the side  
3 4      Step forward on L, Make a 1/4 turn right recover weight on R (3:00)  
5&      Cross L over R, Step R to the side  
6&      Step L behind R, Make a 1/4 turn right stepping forward on R (6:00)  
7 8      Step forward on L, Make 3/4 turn right recover weight on R (3:00)

**[S8] Side Shuffle, 1/4R, 1/4R, Sailor Step, Sailor 1/4L Turn**

1&2 Left side shuffle on L-R-L

3 4 Make a 1/4 turn right stepping R to the side (6:00), Make a 1/4 turn right stepping L to the side (9:00)

5&6 Step R behind L, Step L beside R, Step R to the side

7&8 Make a 1/4 turn left stepping L behind R, Step R beside L, Step L to the side (6:00)

**Restart on Wall 3 count 32\*\* (6:00)**

The dance finishes 12:00 o'clock.

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 29/Sept/21)

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