

# A Hero Lies In You

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Intermediate / Advanced  
編舞者: Dee Musk (UK) - August 2008  
音樂: Hero - Mariah Carey



**Intro: 16 Count Intro. (Approx 16 secs) start just after main vocals.**

## Section 1: Forward Lunge Recover, Back, ½ Turn L, 1 ½ Turn L, Run Run Side, Back Rock Side.

- 1,2&      Step forward on R and lunge forward, recover weight to L, step back on R.  
3          Make a ½ turn L travelling backwards.  
4&5      Make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L, make a ½ turn L stepping R beside L. (Easier option: ½ triple turn L).  
6&7      Run forward L, run forward R, step L to L side.  
8&1      Cross rock R behind L, recover weight to L \*, step R to R side. (12 o'clock).  
**(\* RESTART here DURING Wall 3 – facing 12 o'clock)**

## Section 2: Cross ¼ Turn L, ¼ Turn L, Back Rock Side, Run Run, Mambo ½ Turn L, Step Reverse Full Spiral Turn R.

- 2&3      Cross L over R, make a ¼ turn L stepping back on R, make a ¼ turn L stepping side on L.  
4&5      Cross rock R behind L, recover weight to L, step R to R side.  
6&      Run forward L, run forward R.  
7&8      Rock forward on L, recover weight to R, make a ½ turn L stepping forward on L.  
&1      Step forward on R (&), stepping forward on L make a reverse full spiral turn R travelling forward (weight on L).

**(Easier option for Count 1, step forward L with no turn). (12 o'clock).**

## Section 3: Step, ¼ Turn R With Hitch, Cross, ¼ Turn L, ¼ Turn L, Cross, Recover, Side, Cross, Recover, Side, Cross.

- 2&3      Step forward on R, make a ¼ turn R hitching L knee, cross L over R.  
4&      Making a ¼ turn L step back on R, make a ¼ turn L stepping L to L side.  
5,6&      Cross rock R over L, recover weight to L, step R to R side.  
7,8&      Cross rock L over R, recover weight to R, step L to L side.  
1      Cross R over L. (9 o'clock).

## Section 4: ¼ Turn R, Side R, Step L, Step ½ Turn L, Rock Forward, Recover, Back Rock, Recover, Run Run.

- 2&3      Making a ¼ turn R step back on L, step R to R side, step forward on L.  
4&      Step forward on R, make a ½ turn L.  
5,6      Rock forward on R, recover weight to L.  
&7      Quick rock back on R on the & count, recover weight to L.  
8&      Run forward R, run forward L. (6 o'clock).

**\* RESTART: DURING 3rd Wall – Dance Section 1 then begin again AFTER Count 8& (facing 12 o'clock).**

**\*\* TAG: At the END of the 5th wall, ADD the following steps:**

- 1,2&      Step forward on R and lunge forward, recover weight to L, step back on R.  
3          Make a ½ turn L travelling backwards.  
4,&      Step forward on R, make a ½ turn L.

**Then restart the dance facing 12 o'clock.**

**Optional Ending – Dance up to and including Counts 2&3 in Section 4 finishing at the front wall then add an extra step R full turn L for a super finish.**

Relax and Lose yourself - Enjoy ? Luv Dee xx

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