



BroncoBeat

HERO

Choreographed by: Leigh Huckel (Aus) Aug 07

Music: **Hero** by **Mariah Carey (Album: Music Box)**

Descriptions: 32 count - 4 wall line dance - Intermediate level

Intro: 16 counts

1-8 Cross Rock, Recover, Step Side, Cross Rock, Recover, 1/4 Right Step Forward (), Step 1/2 Turn, 1/4 Turn Step Side & Draw, Behind, Side, Cross Front, Side Rock**

1,2& Rock L foot across in front of R foot, recover weight to R foot, step L foot to L
3,4& Rock R foot across in front of L foot, recover weight to L foot, turn 1/4 R step R foot forward

5&6 Rock L foot forward, turning 1/2 R recover weight to R foot, turning 1/4 R step L foot to L while drawing R foot to L foot [12]

7&8& Cross R foot behind L foot, step L foot to L, cross R foot in front of L foot, rock L foot to L

9-16 1/4 R Recover, Sweep, Forward, Sweep, Twice, Quick Forward, Coaster, Diagonal Back, Lock, Back, 1/4 R Step Side

1& Turning 1/4 R recover weight to R foot, sweep L foot around from back to front [3]

2& Step L foot forward, sweep R foot around from back to front

3& Step R foot forward, sweep L foot around from back to front

4&5& Step L foot forward, step R foot next to L foot, step L foot back, step R foot next to L foot

6& Step L foot forward, step R foot next to L foot

7&8& Step L foot diagonal back & L, lock R foot in front of L foot, step L foot diagonal back & L, turning 1/4 R step R foot to R [6]

17-24 Cross Shuffle to a Cross Rock, Recover, 1/8 L Step Side, Forward, 1/2 R Roll, Forward Full L Roll to a Forward Shuffle

1& Cross L foot in front of R foot, step R foot to R

2&3 Rock L foot across in front of R foot, recover weight to R foot, turning 1/8 L step L foot to L

4&5 Step R foot forward, turning 1/2 R step L foot back, step R foot back

6& Step L foot forward, turning 1/2 L step R foot back

7&8 Turning 1/2 L step L foot forward, step R foot next to L foot, step L foot forward



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25-32 Back, 1/4 L Sweep, Back, 1/8 R Sweep, Sailor, Back, Cross, Sweep, Front Vine, Side with Hip sway 2 with Draw

1& Step R foot back, turning 1/4 L sweep L foot around from front to back [9]
2& Step L foot back, turning 1/8 R sweep R foot around from front to back
3&4& Cross R foot behind L foot, rock L foot to L, recover weight to R foot, step L foot back
5& Cross R foot in front of L foot, sweep L foot around from back to front
6& Cross L foot in front of R foot, step R foot to R
7,8 Step L foot to L swaying hips L, sway hips R while drawing L foot to R foot

Restart Dance in New Direction

TAG: At the END of wall 2 [facing 6 o'clock] do the following

1,2& Rock L foot across in front of R foot, recover weight to R foot, step L foot to L
3&4& Cross R foot in front of L foot, step L foot to L, cross R foot behind L foot, step L foot to L
5,6& Rock R foot across in front of L foot, recover weight to L foot, step R foot to R
7&8& Cross L foot in front of R foot, step R foot to R, cross L foot behind R foot, step R foot to R

RESTARTS:

At the END of the 2nd sequence [facing 6 o'clock] ADD the TAG

ON the 5th sequence [facing 12 o'clock] dance up to beat 4 () making it a step to the side and not a 1/4 turn then restart.**

‘ HERO ‘