

Like A Hero

64 count, 2 wall, intermediate level

Choreographer: Robbie McGowan Hickie (UK), May 2008

Choreographed to: "Hero" by Charlotte Perrelli (126 bpm), CD "Hero", 16 counts intro

Section 1 Right Forward, 1/2 Turn Right, Right Coaster Step, Left Forward, 1/2 Turn Left, Behind, Side, Cross

1, 2 Step forward on right, turn 1/2 turn right stepping back on left
 3&4 Step back on right, step left beside right, step forward on right
 5, 6 Step forward on left, turn 1/2 turn left stepping back on right (12 o'clock)
 7&8 Sweep/cross left behind right, step right to right side, cross step left over right

Section 2 Right Side, Together, Right Lock Step Back, Side Rock 1/4 Turn Left, Left Cross Shuffle

1, 2 Step right to right side, close left beside right
 3&4 Step back on right, lock step left across right, step back on right
 5, 6 Turn 1/4 turn left rocking left out to left side, recover weight on right
 7&8 Cross step left over right, step right to right side, cross step left over right (9 o'clock)

Section 3 Monterey 1/2 Turn Right with Holds, & Forward Rock, 2 x 1/2 Turns Right

1, 2 Point right toe out to right side, hold
 &3, 4 Turn 1/2 turn right stepping right beside left, point left toe out to left side, hold
 &5, 6 Step left beside right, rock forward on right, rock back on left
 7, 8 Turn 1/2 turn right stepping forward on right, turn 1/2 turn right stepping back on left

Section 4 Back Rock, Right Kick-Ball-Step Forward, Forward Rock, Triple Step Full Turn Right

1, 2 Rock back on right, rock forward on left
 3&4 Kick right forward, step ball of right beside left, step forward on left
 5, 6 Rock forward on right, rock back on left
 7&8 right triple step *on the spot* turning full turn right stepping right, left, right (3 o'clock)

Section 5 Cross, Hold, & Heel Jack 1/4 Turn Left, Hold, Side Rock, Recover with Hitch, Chasse Left

1, 2 Cross step left over right (*body facing right diagonal*), hold
 &3, 4 Turn 1/4 turn left stepping back on right, touch left heel diagonally forward left, hold
 5, 6 Rock left out to left side, recover weight on right hitching left knee across right
 7&8 Step left to left side, close right beside left, step left to left side (12 o'clock)

Section 6 Back Rock, Right Kick-Ball-Cross, Stomp, Hold, Left Sailor Cross 1/4 Turn Left

1, 2 Rock back on right, rock forward on left
 3&4 Kick right diagonally forward right, step ball of right beside left, cross step left over right.
 5, 6 Stomp right to right side, hold
 7&8 Cross left behind right turning 1/4 turn left, step right beside left, cross step left over right

Section 7 Side Step Right, Drag, Left Kick-Ball-Cross, Side Step Left, Together, Left Shuffle Forward

1, 2 Long step right to right side (*angle body diagonally left*), drag left towards and beside right
 3&4 Kick left diagonally forward left, step ball of left beside right, cross step right over left
 5, 6 (*Straighten up to 9 o'clock*) step left to left side, close right beside left.
 7&8 Left shuffle forward stepping left, right, left

Section 8 Forward Rock, Right Triple Step 3/4 Turn Right, Forward Rock, Left Coaster Step

1, 2 Rock forward on right, rock back on left
 3&4 right triple step turning 3/4 turn right stepping right, left, right
 5, 6 Rock forward on left, rock back on right
 7&8 Step back on left, step right beside left, step forward on left (6 o'clock)

Tags: *A 16 count tag is needed at the end of wall 2 ... and a 4 count tag at the end of wall 4*
16-count-tag (12 o'clock):

Forward Rock & Heel, Hold, & Forward Rock, Right Shuffle 1/2 Turn Right

1, 2 Rock forward on right, rock back on left
 &3, 4 Step back on right, touch left heel forward, hold
 &5, 6 Step left back to place, rock forward on right, rock back on left
 7&8 Right shuffle turning 1/2 turn right stepping right, left, right
 9-16 Repeat above counts 1 – 8 on opposite foot

4-count-tag (12 o'clock):

Step, Pivot 1/2 Turn Left x 2

1-4 Step forward on right, pivot 1/2 turn left, step forward on right, pivot 1/2 turn left

Quelle:

www.robbiemh.co.uk

www.jolly-dancers.de

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