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Hero
Phrased, 2 Wall, Int/Adv
Choreographer: Peter Metelnick \& Alison Biggs (UK)
Feb 2010
Choreographed to: Hero
(Almighty Anthem Radio Edit) by Almighty Cover Girlz
(126bpm)

Start after 16 count intro
Part A: Dance Part A TWICE
1-8 R Fwd, L Fwd, $1 / 2$ R Pivot, $1 / 2$ R \& L Back, R Coaster Cross, L Side Rock Cross, $1 / 4$ L Hinge Turn, L Side
1 Step R forward
2\&3 Step $L$ forward, pivot $1 / 2$ right, turning $1 / 2$ right step $L$ back
4\&5 Step R back, step L together, cross step R over L
6\&7 Rock L side, recover weight on R, cross step L over R
8\& Turning $1 / 4$ left step R back, step L side ( 9 o'clock)
9-16 R Cross Rock Recover, Full Turn R, L Cross Rock Recover, L NC Basic, $1 / 4$ L Rock Recover, Touch R
1-2 Cross rock $R$ over $L$, recover weight on $L$
\&3 Turning $1 / 4$ right step $R$ forward, turning $1 / 2$ right step $L$ back
\& 4\& Turning $1 / 4$ right step $R$ side, cross rock $L$ over $R$, recover weight on $R$
5 Step L side
6\& Rock $R$ back, recover weight on $L$
7\&8 Turning $1 / 4$ left rock $R$ side, recover $L$, touch $R$ together ( 6 o'clock)
Part B: EZ TAG/RESTART on walls 2 \& 4 facing back wall
1-8 R Cross Rock \& Recover, R Side, L Heel Fwd, Hold, L Ball Cross, L Side, R Sailor
1-2 Cross rock $R$ over $L$, recover weight on $L$ (rocking to your left diagonal as you cross rock)
\&3-4 Step $R$ side, touch $L$ heel on forward diagonal, hold
\&5-6 Step L back, cross step R over L, step L side
7\&8 Cross step R behind L, step L side, step R side
9-16 LCross Rock \& Recover, L Side, R Heel Fwd, Hold, R Ball Cross, $1 / 4$ L, $1 / 2$ L \& Fwd Shuffle
1-2 Cross rock L over R, recover weight on $R$ (rocking to your right diagonal as you cross rock)
\&3-4 Step L side, touch R heel on forward diagonal, hold
RESTART: DURING 2nd wall complete 1st 12 counts and then dance the following 4 counts and RESTART
\&5-6 Step $R$ back, cross step $L$ over $R$, step $R$ side
7\&8 Cross step L behind R, step R side, step L side
\&5-6 Step R back, cross step L over R, turning $1 / 4$ left step R back (3 o'clock)
7\&8 Turning $1 / 2$ left step $L$ forward, step R together, step $L$ forward
17-24 R Fwd, L Scuff, L Fwd Rock \& Recover, $1 / 2$ L Shuffle, R Fwd, $1 / 4$ L Pivot Turn
1-4 Step $R$ forward, scuff $L$ forward, rock $L$ forward, recover weight on $R$
5\&6 Turning $1 / 2$ left step $L$ forward, step $R$ together, step $L$ forward ( 9 o'clock)
7-8 Step $R$ forward, pivot $1 / 4$ left ( 6 o'clock)
25-32 L Weave 2, R Sailor, R Weave 2, L Sailor
1-2 Cross step R over L, step L side
3\&4 Cross step R behind $L$, step $L$ side, step $R$ side
5-6 Cross step L over R, step R side
7\&8 Cross step L behind R, step R side, step L side (towards L diagonal) (5:30)
ENDING comes here: DURING 7th \& final wall dance as far as count 32 \& strike a pose!
33-40 On Diagonal: L Full Turn Fwd, R Fwd Rock \& Recover, 1\&1/2 Turn R, L Fwd
1-2 Travelling towards $L$ diagonal (5:30): Turning $1 / 2$ left step $R$ back, turning $1 / 2$ left step $L$ forward
3-4 Rock $R$ forward, recover weight on $L$
5-6 Turning $1 / 2$ right step $R$ forward, turning $1 / 2$ right step $L$ back
7-8 Turning $1 / 2$ right step $R$ forward, step $L$ forward on $L$ diagonal (11:30)
Non-turning 8: Walk fwd R, L, R fwd rock \& recover, turn $1 / 2 \mathrm{R}$ \& walk fwd R, L, R, L
41-48 R Fwd, L Point, 1/8 R \& L Together, R Point, $1 \not / 4$ R \& R Together, L Point, R Weave 2, L Behind-Side-Cross
1 On left diagonal step $R$ forward
$2 \& 3$ Point $L$ side, turning $1 / 8$ right step $L$ together (to square to wall), point $R$ side ( 12 o'clock)
\&4-6 Turning $1 / 4$ right step $R$ together, point $L$ side, cross step $L$ over $R$, step $R$ side ( 3 o'clock)
7\&8 Cross step L behind R, step R side, cross step L over R

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[^0]:    49-56 R Side, Hold, L Sailor, R Sailor, L Fwd, $1 / 2$ R \& R Hook
    1-2 Step R side, hold
    3\&4 Cross step $L$ behind $R$, step $R$ side, step $L$ side
    5\&6 Cross step R behind L, step L side, step R side
    7-8 Step $L$ forward, turn $1 / 2$ right on $L$ and hook $R$ across $L$ ( 9 o'clock)
    57-64 R Fwd Shuffle, L Fwd, $1 / 4$ R Pivot Turn, R Weave 2, $1 ⁄ 2$ Hinge L Chassé
    1\&2 Step R forward, step L together, step R forward
    3-6 Step $L$ forward, pivot $1 / 4$ right, cross step $L$ over $R$, step $R$ side
    7\&8 Turning $1 / 2$ left step $L$ side, step $R$ together, step L side ( 6 o'clock)
    TAG: At the END of wall 4 (facing back) dance the following 8 count tag and RESTART
    1-2\& $\quad$ cross rock \& recover, $R$ side
    3-4\& L cross rock \& recover, $L$ side
    5-8 R fwd, $1 / 2 L$ pivot turn, $R$ fwd, $1 / 2 L$ pivot turn

