

You're The Hero

32 Count, 2 Wall, High Improver (Nightclub) Choreographer: Niels Poulsen (DK) & Shane McKeever (IE) Dec 2019 Choreographed to: Hero by Mariah Carey (4:17mins)

Intro: Start after 16 counts. Start with weight on R. START FACING 6:00 !!! 1 restart: On wall 3, which starts facing 6:00. Restart after 8 counts, now facing 12:00 1 tag: On wall 5, which starts facing 6:00. Tag comes after 32 counts, now facing 12:00. Tag described in detail below

Section 1 1 2& 3 – 4 &5 – 6 7&8&	 ½ R sweep, behind side, cross rock, & prissy walks LR, L rocking chair Turn ½ R on R stepping back on L sweeping R out to R side (1) 12:00 Cross R behind L (2), step L to L side (&) 12:00 Cross rock R over L (3), recover back on L (4) 12:00 Step R a small step to R side (&), walk L fwd and slightly in front of R (5), walk R fwd and slightly in front of L (6) 12:00 Rock L fwd (7), recover back on R (&), rock back on L (8), recover fwd onto R (&) 12:00 *Restart on wall 3, after 8 counts, facing 12:00
Section 2 1 – 3 4& 5 – 6& 7&8&	 ½ R, ¼ R sway sway, 2 quick sways, R basic, L vine, cross Turn ½ R stepping back on L (1), turn ¼ R stepping/swaying R to R side (2), sway L to L side (3) 9:00 Sway R to R side (4), sway L to L side (&) 9:00 Step R a big step to R side (5), close L behind R (6), cross R over L (&) 9:00 Step L to L side (7), cross R behind L (&), step L to L side (8), cross R over L (&) 9:00
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Section 3 1 – 2& 3 4&5	L basic, ½ sweep L, 1/8 L run run rock, Hold/Reach, back sweep X 2 Step L a big step to L side (1), close R behind L (2), cross L over R (&) 9:00 Step R to R side turning ½ L and sweeping L out to L side at the same time (3) 3:00 Continue turning 1/8 on R walking L fwd (4), walk R fwd (&), rock L fwd starting to reach R arm fwd with palm facing up (5) (Note: Mariah sings REACH) 1:30
6 – 8	Finish reaching R arm up (6), recover back on R sweeping L to L side (7), walk back on L sweeping R to R side (8) 1:30
Section 4 1 2&3 4&5 6& 7 – 8	R back rock, fwd sway LR, 1/8 L sweep, weave sweep, behind side, prissy walk LR Rock back on R (1) 1:30 Recover fwd onto L swaying body fwd (2), recover back on R swaying body back (&), recover onto L turning 1/8 L sweeping R fwd (3) 12:00 Cross R over L (4), step L to L side (&), cross R behind L sweeping L to L side (5) 12:00 Cross L behind R (6), step R to R side (&) 12:00 Walk L fwd and slightly in front of R (7), walk R fwd and slightly in front of L (8) 12:00
TAG: 1 – 4 1 – 3 4&	4 counts/after wall 5, facing 12:00 Rock L fwd, Hold/point, recover R, L back rock Rock L fwd starting to raise L arm and pointing L index finger fwd (Mariah sings 'YOU') (1), finish arm raise (2), drop L arm and recover back on R (3) 12:00 Rock back on L (4), recover fwd onto R (&) 12:00
NOTE!	When doing your last wall (wall 8) the music slows down slightly from counts 5-10 (facing 6:00). Slow down your walks & the rocking chair and then pick up your speed ever so slightly. When you do your R basic on count 5 you should be back at normal speed
Ending:	Wall 8 is your last wall. When doing counts 21-24 (facing 7:30) the music slows down. Slow down your steps with the music. Then turn 3/8 R stepping R fwd and pointing L index fwd when Mariah sings 'YOU'. 12:00
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