

My Hero!

Choreographer: Niels Poulsen (Denmark)

niels@love-to-dance.dk - www.love-to-dance.dk

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Type of dance: 32 counts, 4 walls, line dance, night club
 Level: Intermediate
 Music: **Hero** by Enrique Iglesias. BPM: 76 bpm. Buy on iTunes
 Intro: 16 counts from first beat in music (app. 14 secs into track). Weight on L
 Tag: There's a 4 count tag which comes twice. See detailed description at bottom of page.
 Restart: After 16 counts of wall 6 you restart the dance, facing 6:00

Counts	Footwork	End facing
1 – 9	R basic, L vine, cross rock, & side R, cross, ¼ L, ¼ L, cross, ¼ L with R sweep fw	
1, 2&3	Step R to R side (1), step L behind R (2), cross R over L (&), step L to L side (3)	12:00
4&5	Cross R behind L (4), step L to L side (&), cross rock R over L (5)	12:00
6&7	Recover back to L (6), step R to R side (&), cross L over R (7)	12:00
&8&1	Turn ¼ L stepping back on R (&), turn ¼ L stepping L to L side (8), cross R over L (&), turn ¼ L stepping L fw and sweeping R fw (1)	3:00
10 – 16	Run R L diagonally L, rock fw R, back L and R, L back rock, side rock, cross L over R	
2&3	Turn 1/8 L running fw on R (2), run fw on L (&), rock fw on R (3) <i>Note for wall 1: you hit the lyrics 'would you run'...</i>	1:30
4&	Recover back on L (4), step back on R (&)	1:30
5 – 6	Rock back on L foot opening body to L side (5), recover fw on R (6) <i>Note for wall 1: look over your L shoulder when rocking back on L (count 5) to hit the lyrics: never look back ☺</i>	1:30
7 – 8&	Square up to 3:00 rocking L to L side (7), recover on R (8), cross L over R (&) * Restart on wall 6 (facing 6:00)	3:00
17 – 24	½ Diamond, R side rock, cross ¼ R, back R, beginning of L coaster	
1, 2&3	Step R to R side (1), turn 1/8 L stepping back on L (2), step back on R (&), turn 1/8 L stepping L to L side (3)	12:00
4&5 – 6	Turn 1/8 L stepping fw on R (4), step fw on L (&), turn 1/8 L rocking R to R side (5), recover weight to L (6)	9:00
&7&	Cross R over L (&), turn ¼ R stepping back on L (7), walk back on R (&)	12:00
8&	Step L back (8), step R next to L (&)	12:00
25 – 32	Fw L R L with sweeps, R jazz ¼ R, cross rock side, touch together	
1 – 3	Step L fw sweeping R fw (1), walk R fw sweeping L fw (2), walk L fw sweeping R fw (3)	12:00
4&5	Cross R over L (4), turn ¼ R stepping back on L (&), step R to R side (5)	3:00
6&7	Cross rock L over R (6), recover on R (&), step L to L side (7)	3:00
8	Bend slightly in L knee sliding R next to L (8)	3:00
Begin again!...		
Tag:	After wall 3 (facing 9:00) and after wall 5 (facing 3:00) there's a 4 count tag where you do a R and L basic night club step, then restart dance from count 1:	
1 – 2&	Step R a big step to R side (1), step L behind R (2), cross R over L (&)	9:00
3 – 4&	Step L a big step to L side (3), step R behind L (4), cross L over R (&)	9:00
Ending	To end facing 12:00 you do the following: You begin wall 10 facing 3:00. Do up to count 14 (facing 4:30). When stepping L to L side (count 7) sweep 5/8 R to face 12:00	12:00