

'A HERO LIES IN YOU'

Choreographer Dee Musk (UK) August 2008

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32 Count 2 Wall High Intermediate Nightclub – One Restart. One Tag.

Music:- 'Hero' – Mariah Carey – Album - Greatest Hits Album.

16 Count Intro. (Approx 16 secs) start just after main vocals. Approx 62 BPM.

SECTION 1

FORWARD LUNGE RECOVER, BACK, ½ TURN L, 1 ½ TURN L, RUN RUN SIDE, BACK ROCK SIDE.

- 1,2& Step forward on R and lunge forward, recover weight to L, step back on R.
3 Make a ½ turn L travelling backwards.
4&5 Make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L, make a ½ turn L stepping R beside L. (Easier option, ½ triple turn L).
6&7 Run forward L, run forward R, step L to L side.
8&1 Cross rock R behind L, recover weight to L *, step R to R side. **(12 o'clock).**
(* restart here during Wall 3 – facing 12 o'clock)

SECTION 2

CROSS ¼ TURN L, ¼ TURN L, BACK ROCK SIDE, RUN RUN, MAMBO ½ TURN L, STEP REVERSE FULL SPIRAL TURN R.

- 2&3 Cross L over R, make a ¼ turn L stepping back on R, make a ¼ turn L stepping side on L.
4&5 Cross rock R behind L, recover weight to L, step R to R side.
6& Run forward L, run forward R.
7&8 Rock forward on L, recover weight to R, make a ½ turn L stepping forward on L.
&1 Step forward on R (&), stepping forward on L make a reverse full spiral turn R travelling forward (weight on L). (Easier option for Count 1, step forward L with no turn). **(12 o'clock).**

SECTION 3

STEP, ¼ TURN R WITH HITCH, CROSS, ¼ TURN L, ¼ TURN L, CROSS, RECOVER, SIDE, CROSS, RECOVER, SIDE, CROSS.

- 2&3 Step forward on R, make a ¼ turn R hitching L knee, cross L over R.
4& Making a ¼ turn L step back on R, make a ¼ turn L stepping L to L side.
5,6& Cross rock R over L, recover weight to L, step R to R side.
7,8& Cross rock L over R, recover weight to R, step L to L side.
1 Cross R over L. **(9 o'clock).**

SECTION 4

¼ TURN R, SIDE R, STEP L, STEP ½ TURN L, ROCK FORWARD, RECOVER, BACK ROCK, RECOVER, RUN RUN.

- 2&3 Making a ¼ turn R step back on L, step R to R side, step forward on L.
4& Step forward on R, make a ½ turn L.
5,6 Rock forward on R, recover weight to L.
&7 Quick rock back on R on the & count, recover weight to L.
8& Run forward R, run forward L. **(6 o'clock).**

*** RESTART – During 3rd Wall – Dance Section 1 then begin again after Count 8& (facing 12 o'clock).**

**** TAG – At the end of the 5th wall, add the following steps:**

- 1,2& Step forward on R and lunge forward, recover weight to L, step back on R.
3 Make a ½ turn L travelling backwards.
4,& Step forward on R, make a ½ turn L.
Then restart the dance facing 12 o'clock.

Optional Ending – Dance up to and including Counts 2&3 in Section 4 finishing at the front wall then add an extra step R full turn L for a super finish.

Relax and Lose yourself - Enjoy ☺ Luv Dee xx