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Hero

Choreographed By: Bryan McWherter
32 Count, 4 wall, Beginner/Intermediate
Music: Hero (Dance Mix) by Enrique Iglesias

ROCK, RECOVER, STEP, ROCK, RECOVER, COASTER STEP, BRUSH, HITCH, STEP

- 1-2 Rock forward onto your Right foot(1), Recover weight back onto Left foot(2),
&3 Step Right foot next to Left foot(&), Rock forward onto your Left foot(3),
4-5 Recover weight back onto Right foot(4), Step Left foot slightly back(5),
&6 Step Right foot next to Left(&), Step Left foot slightly forward(6),
7& Brush your Right foot next to your Left(7), Hitch Right knee up(&),
8 Step Right foot slightly forward(8),

SHUFFLE FORWARD, ROCK FORWARD, RECOVER, STEP BACK, 1/2 TURN STEP, SHUFFLE FORWARD

- 1& Step Left foot slightly forward(1), Slide Right next to Left(&),
2-3 Step Left foot slightly forward(2), Rock Right foot forward(3),
4-5 Recover weight back to Left(4), Step back onto Right foot(5),
6-7 Step forward onto Left making 1/2 turn Left(6), Step Right foot forward(7),
&8 Step Left foot next to Right(&), Step Right foot forward(8),

1/4 TURN JAZZ BOX, TOUCH, STEP, TOUCH, STEP, TOUCH, KICK BALL CHANGE

- 1-2 Step Left foot over Right foot(1), Step Right foot slightly back(2),
3 Step Left foot slightly to Left making a 1/4 turn Left(3),
4 Touch Right toe next to Left foot(4),
&5 Step Right foot slightly back at a 45° angle(&), Touch Left toe next to Right foot(5),
&6 Step Left foot slightly back at a 45° angle(&), Touch Right toe next to Left foot(6),
7&8 Kick Right foot forward(7), Step Right foot next to Left(&), Step Left in place(8),

STEP, LOCK, STEP, STEP, SWIVEL, RIGHT, CENTER, STEP, LOCK, STEP, STEP, SWIVEL, RIGHT, CENTER

- 1-2 Step Right foot slightly forward at a 45° angle(1), Lock Left foot behind Right(2),
&3 Step Right foot slightly forward at a 45° angle(&), Step Left foot next to Right(3),
&4 Swivel both heels Right(&), Swivel both heels back to Center(4),
5-6 Step Left foot slightly forward at a 45° angle(5), Lock Right foot behind Left(6),
&7 Step Left foot slightly forward at a 45° angle(&), Step Right foot next to Left(7),
&8 Swivel both heels Left(&), Swivel both heels back to Center(8).

BEGIN AGAIN!

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