

A Hero Lies In You

32 Count, 2 Wall, Intermediate/Advanced, Nightclub

Choreographer: Dee Musk (UK) August 2008

Choreographed to: Hero by Mariah Carey, Album;
Greatest Hits Album (62 bpm)

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

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

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). **(12 o'clock)**

Easier option for Count 1, step forward L with no turn

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).**

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