

HERO (We All Have One)



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By NOEL BRADEY & MICHAEL VERA-LOBOS

Description: 64 Steps, 2 Wall Linedance

Music : "HERO (Metromix) " By ESCAPE

OPTIONAL 64 COUNT PRELUDE – Start on (Would you) the word "Dance" – flowing & with feeling

1,2,3,4 STEP L TO LEFT SIDE, STEP R BESIDE L, STEP FWD L, HOLD

5,6,7,8 STEP R TO RIGHT SIDE, STEP L BESIDE R, STEP BACK ON R, HOLD

1,2,3,4 TURN 360° LEFT STEPPING L,R, ROCK/STEP L TO LEFT SIDE, HOLD

5,6,7,8 ROCK/STEP R TO RIGHT SIDE, HOLD, ROCK/STEP L TO LEFT SIDE, HOLD

1,2,3,4 TURN 360° RIGHT STEPPING R, L, ROCK/STEP R TO RIGHT SIDE, HOLD

5,6,7,8 ROCK/STEP L TO LEFT SIDE, HOLD, ROCK/STEP R TO RIGHT SIDE, HOLD

1,2,3,4 TURN 90° LEFT STEPPING FWD ON L, DRAG R TO BESIDE L, STEP BACK ON R, DRAG L TO BESIDE R

5,6,7,8 STEP FWD ON L, PIVOT TURN 180° RIGHT, STEP FWD ON L, PIVOT TURN 90° RIGHT (weight on R)

33-34 REPEAT ABOVE 32 COUNTS

64 START DANCE

DANCE – Starts straight in from Prelude

1&2&3,4 TOUCH L TOE FWD, STEP ON L BESIDE R, TOUCH R TOE FWD, STEP ON R BESIDE L, STEP FWD L, PIVOT TURN 90° RIGHT (weight on R)

5&6 Forward Coaster: STEP FWD ON L, STEP R BESIDE L, STEP BACK ON L

&7&8 TURN 180° RIGHT ON BALL OF L, SHUFFLE FWD R, L, R

1&2,3&4 TURN 180° RIGHT SHUFFLING BACK L,R,L, STEP BACK ON R, STEP L BESIDE R, STEP FWD R

5&6 STEP L TO LEFT SIDE, REPLACE WEIGHT ONTO R, CROSS/STEP L OVER R,

7,8 STEP FWD ON R, PIVOT TURN 180° LEFT (weight on L)

1&2 FLICK R UP BEHIND L, TURN 90° LEFT STEPPING ON R, TOUCH L HEEL FWD

&3,4 STEP ON L BESIDE R, STEP FWD ON R, PIVOT TURN 90° LEFT (weight on L)

5&6 Samba Steps: CROSS/STEP R OVER L, STEP L TO LEFT SIDE, STEP ON R IN PLACE

7&8 CROSS/STEP L OVER R, STEP R TO RIGHT SIDE, STEP ON L IN PLACE

1&2 FLICK R UP BEHIND L, TURN 90° LEFT STEPPING ON R, TOUCH L HEEL FWD

&3,4 STEP ON L BESIDE R, STEP FWD ON R, PIVOT TURN 90° LEFT (weight on L)

5&6 Samba Steps Travelling Fwd: CROSS/STEP R OVER L, STEP L TO LEFT SIDE, STEP ON R IN PLACE

7&8 CROSS/STEP L OVER R, STEP R TO RIGHT SIDE, STEP ON L IN PLACE

1,2,3&4 CROSS/ROCK R OVER L, REPLACE WEIGHT TO L, TURN 360° RIGHT STEPPING R,L,R

5,6,7&8 CROSS/ROCK L OVER R, REPLACE WEIGHT TO R, STEP L TO LEFT, STEP R BESIDE L, TURN 90° LEFT STEPPING FWD ON L

1,2,3,4 STEP R FWD, PIVOT TURN 180° LEFT, STEP R FWD, PIVOT TURN 90° LEFT

5,6,7&8 ROCK/STEP FWD ON R, REPLACE WEIGHT TO L, TURN 180° RIGHT SHUFFLING FWD R,L,R

1,2,3,4 STEP FWD L, DRAG R TO BESIDE L, STEP FWD R, DRAG L TO BESIDE R

&5,6 STEP FWD ON L, PIVOT TURN 180° RIGHT STEPPING FWD ON R, STEP FWD ON L

7&8 STEP FWD ON R, PIVOT TURN 180° LEFT STEPPING FWD ON L, STEP FWD ON R

1,2,3,4 STEP FWD L, DRAG R TO BESIDE L, STEP FWD R, DRAG L TO BESIDE R

&5,6 STEP FWD ON L, PIVOT TURN 180° RIGHT STEPPING FWD ON R, STEP FWD ON L

7&8 TURN 90° LEFT STEPPING R TO RIGHT SIDE, CLOSE L TO BESIDE R, STEP R TO RIGHT SIDE

64 RESTART DANCE IN NEW DIRECTION