

A HERO LIES IN YOU

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Count: 32

Wall: 2

Level: Intermediate / Advanced

Choreographer: Dee Musk (UK) Aug 08

Music: Hero by Mariah Carey (CD: 62bpm)

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

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