

You're the hero

By: Niels Poulsen (Denmark) nielsbp@gmail.com &
Shane McKeever (Ireland) smcckeever07@hotmail.com

December 2019



Type of dance: 32 counts, 2 walls, high improver nightclub
Music: **Hero** by Mariah Carey. Track length: 4.17 mins. Buy on iTunes etc
Intro: Start after 16 counts. Start with weight on R. START FACING 6:00 !!!
1 restart: On wall 3, which starts facing 6:00. Restart after 8 counts, now facing 12:00
1 tag: On wall 5, which starts facing 6:00. Tag comes after 32 counts, now facing 12:00. Tag described in detail below

Counts	Footwork	End facing
1 – 8	½ R sweep, behind side, cross rock, & prissy walks LR, L rocking chair	
1	Turn ½ R on R stepping back on L sweeping R out to R side (1)	12:00
2&	Cross R behind L (2), step L to L side (&)	12:00
3 – 4	Cross rock R over L (3), recover back on L (4)	12:00
&5 – 6	Step R a small step to R side (&), walk L fwd and slightly in front of R (5), walk R fwd and slightly in front of L (6)	12:00
7&8&	Rock L fwd (7), recover back on R (&), rock back on L (8), recover fwd onto R (&) ... * Restart on wall 3, after 8 counts, facing 12:00	12:00
9 – 16	½ R, ¼ R sway sway, 2 quick sways, R basic, L vine, cross	
1 – 3	Turn ½ R stepping back on L (1), turn ¼ R stepping/swaying R to R side (2), sway L to L side (3)	9:00
4&	Sway R to R side (4), sway L to L side (&)	9:00
5 – 6&	Step R a big step to R side (5), close L behind R (6), cross R over L (&)	9:00
7&8&	Step L to L side (7), cross R behind L (&), step L to L side (8), cross R over L (&)	9:00
17 – 24	L basic, ½ sweep L, 1/8 L run run rock, Hold/Reach, back sweep X 2	
1 – 2&	Step L a big step to L side (1), close R behind L (2), cross L over R (&)	9:00
3	Step R to R side turning ½ L and sweeping L out to L side at the same time (3)	3:00
4&5	Continue turning 1/8 on R walking L fwd (4), walk R fwd (&), rock L fwd starting to reach R arm fwd with palm facing up (5) ... (Note: Mariah sings REACH...)	1:30
6 – 8	Finish reaching R arm up (6), recover back on R sweeping L to L side (7), walk back on L sweeping R to R side (8)	1:30
25 – 32	R back rock, fwd sway LR, 1/8 L sweep, weave sweep, behind side, prissy walk LR	
1	Rock back on R (1)	1:30
2&3	Recover fwd onto L swaying body fwd (2), recover back on R swaying body back (&), recover onto L turning 1/8 L sweeping R fwd (3)	12:00
4&5	Cross R over L (4), step L to L side (&), cross R behind L sweeping L to L side (5)	12:00
6&	Cross L behind R (6), step R to R side (&)	12:00
7 – 8	Walk L fwd and slightly in front of R (7), walk R fwd and slightly in front of L (8)	12:00

TAG – 4 counts/after wall 5, facing 12:00

1 – 4	Rock L fwd, Hold/point, recover R, L back rock	
1 – 3	Rock L fwd starting to raise L arm and pointing L index finger fwd (Mariah sings 'YOU') (1), finish arm raise (2), drop L arm and recover back on R (3)	12:00
4&	Rock back on L (4), recover fwd onto R (&)	12:00

NOTE!	When doing your last wall (wall 8) the music slows down slightly from counts 5-10 (facing 6:00). Slow down your walks & the rocking chair and then pick up your speed ever so slightly. When you do your R basic on count 5 you should be back at normal speed 😊	
--------------	--	--

Ending	Wall 8 is your last wall. When doing counts 21-24 (facing 7:30) the music slows down. Slow down your steps with the music. Then turn 3/8 R stepping R fwd and pointing L index fwd when Mariah sings 'YOU' 😊	12:00
---------------	--	-------