



Like A Hero

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Phrased, 2 Wall, Intermediate level
Choreographer: Heidi Poulsen & Annika Adolfsson
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Choreographed to: Hero by Charlotte Perrelli
(Melodifestivalen 2008, live version)

Sequence: Intro,A (&),A,B,B,tag 1.,A,B,B,B,tag 2.,b,b,b,ending
(The music will help you!)

Intro: Stand with R across L., facing 6 o'clock

- 1-8 Hold
- 1-2 Unwind 1/2 turn to L.
- 3-8 Hold

PART A.

Section 1. PRISSY WALK x2, WALK R,L,R,POINT

- 1-2 Step R forward across L angling body to L corner, hold
- 3-4 Step L forward across R angling body to R corner, hold
- 5-6 Walk forward R, walk forward L
- 7-8 Walk forward R, point L toe to L

Section 2. WEAVE, POINT, WEAVE, POINT

- 1-2 Step L across R, step R to R
- 3-4 Cross L behind R, point R toe to R
- 5-6 Step R across L, step L to L
- 7-8 Cross R behind L, point L toe to L

Section 3. 1/4 COASTER TURN,STEPTURN WITH HIPBUMP,HIPBUMP X2

- 1-2 Turn 1/4 L stepping L behind R, step R beside L
- 3-4 Step forward on L, hold
- 5-6 Step R forward, turn 1/4 L with a hip bump to R
- 7-8 L hip bump x2

Section 4. HIPBUMPS, POINT, HOLD, POINT, HOLD

- 1&2 Step R forward bumping hips R,L,R
- 3&4 Step L forward bumping hips L,R,L
- 5-6 Point R toe to R, hold
- &7-8 Step R beside L, point L toe to L, hold
(& step L beside R. OBS! Only between AA)

PART B

Section 1. KICK x2, CROSS SHUFFLE, HEEL, TOE, KICK x2

- 1-2 Kick L to L diag. x2
- 3&4 Cross L over R, step R to R side, cross L over R
- 5&6& Touch R heel forward, step R beside L, touch L toe behind R, step L beside R
- 7-8 Kick R to R diag. x2

Section 2. BEHIND, SIDE, CROSS, TOUCH, KICK, CROSS, UNWIND, KNEEBEND

- 1&2 Step R behind L, step L to L side, cross R over L
- 3-4 Touch L beside R, kick L to L diag.
- 5-6 Cross L over R, unwind 1/2 turn R
- 7-8 Bend knees and dip down, straighten up taking weight on L

Section 3. LOCK STEP, FULL TURN, KICK BALL TOUCH x2

- 1&2 Step forward on R, lock L behind R, step forward on R
- 3-4 1/2 turn R stepping back on L, 1/2 turn R stepping forward on R
- 5&6 Kick L forward, step L beside R, touch R beside L
- 7&8 Kick R forward, step R beside L, touch L beside R

Section 4. SHUFFLE BACK, COASTER STEP, SKATE, SKATE, SWAY, SWAY

- 1&2 Step back on L, close R beside L, step back on L
- 3&4 Step back on R, step L beside R, step forward on R
- 5-6 Skate L forward, skate R forward
- 7-8 Sway hips to L, sway hips to R

PART Mini B

Dance only the first 16 counts of PART B.
Notice! Your weight ends on R in the knee bend in this part.

TAG 1.**GRAPEVINE, TOUCH, GRAPEVINE, TOUCH**

- 1-2 Step L to L, step R behind L
- 3-4 Step L to L, touch R beside L
- 5-6 Step R to R, step L behind R
- 7-8 Step R to R, touch L beside R

V-STEPS x2

- 1-2 Step L to L diag, step R to R diag
- 3-4 Step L back to centre, touch R beside L
- 5-6 Step R to R diag, step L to L diag
- 7-8 Step R back to centre, step L beside R

Tag 2.**ROLL HEAD, HIP, ARM MOVES**

Roll your head clockwise when the music says "vrooooo" (4 counts).

When Charlotte sings "star", pop R knee and put your R hand on R hip/leg.

When she sings "hero" straighten up and point your R arm in the air to R diag., then quick point down to L diag and then quick point down to R diag.

The arm moves goes very fast, you will hear the drums...

ENDING**JAZZBOX WITH KICK x2, CROSS, UNWIND, STEP, ARM IN THE AIR**

- 1-2 Cross L over R, step R back
- 3-4 Step L to L side, kick R to R diag
- 5-6 Cross R over L, step L back
- 7-8 Step R to R side, kick L to L diag

- 1-2 Cross L over R, unwind 1/2 turn R
- 3 Step R to R side
- 4-5 Swing your R arm backwards and up in the air. (Like a "Grand Finale")

Thanks to Andrea for helping us with the final touch with this dance! We had so much fun doing this dance together!

Dans på rad - Gör dig go å glad!
HAPPY BOOTS in Line