

Hero

Choreographed by Daniel Trepát (NL)

Description: 48 Counts, 2 Wall, Rise & Fall - Waltz - Non Country

Level: Intermediate

Music: 'Hero' - DJ Ice ft. Jonna (*pitched down 76 BPM*)

Official UCWDC competition dance description

Date of usage 8 March 2023 to May 2024

- 1-6 STEP & SWEEP, FULL SPIRAL TURN R, STEP-FULL TURN R, BACK**
1-2 Step RF diagonally forward R & sweep LF forward,
3 Step LF forward slightly crossed and fully spiral turn R
4 Step RF forward (12.00),
5&6 Turn 1/2 R & step LF back, turn 1/2 R & step RF forward, step LF back
- 7-12 BACK-1/8 L SIDE-CROSS, TWINKLE 1/2 L**
1 2 3 Step RF back, turn 1/8 L (facing 10.30) & step LF to side, cross step RF over LF
4 5 6 Turn 1/4 L (facing 7.30) & step LF forward, turn 1/8 L (facing 6.00) & step RF to R side,
turn 1/2 L (facing 12.00) & step LF diagonally forward
- 13-18 CROSS CHECK, CROSS, SIDE CHASSÉ**
1 2 3 Cross rock RF over LF, recover weight back onto LF, step RF to side
4 5&6 Cross step LF over RF, step RF to side, close LF next to RF, step RF to side
- 19-24 CROSS CHECK / START DOUBLE SPIRAL TURN L**
1 2 3 Cross rock LF over RF, recover weight back onto RF, step LF to side
4 5-6 Cross step RF over LF, start 2 full turns L on RF & hold LF across RF
(Option Age Division 1 Full Turn)
- 25-30 FINISH DOUBLE SPIRAL TURN L & SWEEP, BACK TWINKLE**
1 2 3 Finish 2 full turns L and slow high sweep LF front to back (Option Age Division 1 Turn)
4 5 6 Cross step LF behind RF, RF step to side, step LF diagonally back
- 31-36 BACK & 1/2 HEEL TURN L-1/2 TURN L BACK-CROSS, START 3/4 L DIAMOND FALLAWAY**
1 Cross step RF diagonally backwards,
2&3 Step LF next to RF and turn 1/2 L on both heels (facing 7.30),
turn 1/4 L (facing 4.30) & step LF back, turn 1/4 L (facing 1.30) & cross step LF over RF
4 5 6 Step RF back, turn 1/8 L (facing 12.00) & step LF to side,
turn 1/8 L (facing 10.30) & step RF forward,
- 37-42 FINISH 3/4 L DIAMOND FALLAWAY**
1 2 3 Step LF forward, turn 1/8 L (facing 12.00) & step LF to side,
turn 1/8 L (facing 10.30) & step RF back,
4 5 6 Step RF back, turn 1/8 L (facing 6.00) & step LF to side,
turn 1/8 L (facing 4.30) & step RF forward,
- 43-48 STEP-SLOW 1/2 PIVOT TURN R, STEP-1 3/4 TURN R**
1 Turn 1/8 L (facing 3.00) & step LF forward,
2-3 On LF turn slow 1/2 R (finish facing 9.00) holding weight on LF
4 5&6 Step RF forward, turn 1/2 R (facing 3.00) & step LF slightly back, turn 1/2 R (facing 9.00)
& step RF slightly forward, turn 1/2 R (facing 3.00) & step LF slightly back... AND: add
1/4 turn R (facing 6.00) on LF to start again