

# Heroes!

**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Ann-Kristin Sandberg (Norway) Oct-2014

**Music:** Helele (Safri Duo mix) by Safri Duo & Velile (3,07) iTunes

**INTRO : 32 Counts (16 sec)**

## **STEP-TOGETHER-STEP-TOUCH-STEP-TOGETHER-STEP-TOUCH**

1-2                Step right diagonal forw to right, Step left next to right  
3-4                Step right diagonal forw to right, Touch left next to right  
5-6                Step left diagonal forw to left, Step right next to left  
7-8                Step left diagonal forw to left, Touch right next to left

## **ROCK RECOVER-TOE STRUTS BACKW**

1-2                Step right forw, Recover onto left  
3-4                Touch right toe back, Heel down  
5-6                Touch left toe back, Heel down  
7-8                Touch right toe back, Heel down

**(Bend knees on count 4,6,8)**

## **BACK-TOUCH-FORW-TOUCH-STEP-BESIDE-1/4 TURN-TOUCH**

1-2                Step left foot back, Touch right next to left  
3-4                Step right foot forw, Touch left next to right  
5-6                Step left foot forw, Step right next to left  
7-8                Make a ¼ turn left stepping left forw, Touch right next to left (09)

## **SIDE-SIDE-BACK-BACK-ROLLING HIPS**

1-2                Step right diagonal forw to right, Step left diagonal forw to left  
3-4                Step right foot back, Step left to left side  
5-6-7-8            Move hips anti-clockwise (weight on left foot)

**TAG 1 : End of wall 2 Facing 6.00**

**Do the last 8 counts of the dance**

**TAG 2 : End of wall 5 Facing 9.00**

**Do the last 8 counts of the dance**

**TAG 3 : End of wall 8 Facing 12.00 - 16 counts:**

**Do the last 8 counts of dance 1-8 :: and 8 more:**

1-4                Shimmy shoulders to right  
5-8                Shimmy shoulders to left

**Move Your Body & Have Some Fun!**

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**Last Updates - 4th Nov 2014**