

# 'A HERO LIES IN YOU'

**Choreographer Dee Musk (UK) August 2008**

**deemusk@btinternet.com Contact: 07814 295470**

**32 Count 2 Wall High Intermediate Nightclub – One Restart. One Tag.**

**Music:- 'Hero' – Mariah Carey – Album - Greatest Hits Album.**

**16 Count Intro. (Approx 16 secs) start just after main vocals. Approx 62 BPM.**

## 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.  
8&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.  
8&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 3<sup>rd</sup> 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**

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