

# Heroes

Choreography:	Mariann & Michael Odgaard, Klitgaarden DANCE, May 2015
Description:	64 Count, 2 Wall, Easy Intermediate level line dance
Music:	Måns Zelmerlöw – Heroes ( Winner, Eurovision 2015)

3 tags, 1 restart

Start dancing on vocal; "tell" (4 counts intro)

## Walk, walk, shuffle forward, rock, recover, shuffle ½ turn

1-2 Walk forward R, L  
 3&4 Shuffle forward, R, L, R  
 5-6 Rock L forward, recover on R  
 7&8 Turn 1/4 stepping L foot left, step R next to L, turn 1/4 stepping forward on left (6 o'clock)

## Full turn left, Shuffle forward, turn 1/4 right, cross, hold

1-2 Full turn forward turning over left shoulder: R, L  
 3&4 Shuffle forward R, L, R  
 5-6 Step L forward, turn 1/4 right stepping R to right (9 o'clock)  
 7-8 Cross L over R, hold

## Step right, cross, side, sailor and heel, x2

&1-2 Step R to right, cross L over R, step R to right  
 3&4 Cross L behind R, step R to right, place L heel forward  
 &5-6 Step L next to right, cross R over R, step L to left  
 7&8 Cross R behind L, step L to left, place R heel forward

## Together, walk hold, walk, hold, Rock, recover, shuffle ½ turn

&1-2 Place R next to L, step L forward, hold  
 3-4 Step R forward, hold  
 5-6 Rock L forward, recover on R  
 7&8 Turn 1/4 stepping L foot left, step R next to L, turn 1/4 stepping forward on left (3 o'clock)

**(Restart at wall 4, Replace the "shuffle ½ turn" with a "shuffle 1/4 turn L" (7&8), restart facing 12 O'clock)**

## Walk, hold, walk, hold, rock, recover, tripple full turn right

1-2 Step R forward, hold  
 3-4 Step L forward, hold  
 5-6 Rock R forward, recover on L  
 7&8 Triple full turn, turning over right shoulder; R, L, R (option; Coaster step)

## Side, behind, side, cross, side, back rock, recover, kick ball cross

1-2&3 Step L to left, cross R behind L, step L to left, cross R over L  
 4-5-6 Step L to left side, rock R back, recover on L  
 7&8 Kick R foot diagonal forward, place R next to L, cross L over R

*...taught and danced at*

**Kick ball cross, side, hold, 1/4 turn, full turn, cross**

1&2 Kick R foot diagonal forward, place R next to L, cross L over R  
3-4 Step R to right side, hold  
&5 Step L next to R, turn 1/4 right stepping forward on R  
6-7-8 Full turn right; L, R, cross L over R (*6 o'clock*)

**Side, hold, side touch, side hold, side touch**

1-2 Step R to right, hold  
&3-4 Step L next to R, Step R to right, touch L next to R  
5-6 Step L to left, hold  
&7-8 Step R next to L, Step L to left, touch R next to L

**Tag 1 & 2 after wall 1 & 3 (facing 6 o'clock)**

1-4 Step R to right, at the same time sway right hip to right, hold, sway left hip to left, hold  
5-8 Walk full circle, turning over right shoulder R, L, R, L

**Tag 3 after wall 5 (facing 6 o'clock)**

1-4 Step R to right, at the same time sway right hip to right, hold, sway left hip to left, hold

**Restart; wall 4 after section 4 (32 counts)**

*...taught and danced at*

*Klitgaarden*

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