HERO

Released: August 2012
Choreographer: Dom & Joan Filardo, 44144 Pimento Lane, California, MD 20619
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Music: “Hero” by: Mariah Carey, CD: Music Box, Track # 2, MP3 download from Amazon.com
Time/Speed Time@RPM: 4:18@45 – adjust speed for comfort
Footwork: Opposite unless noted – Woman: (W)
Timing, SQQ unless indicated, reflects actual weight changes
Rhythm/Phase: Slow Two Step IV+2 [Triple Traveler- Riff Turn] Degree of Difficulty: AVG
Sequence: INTRO, A, B, BRIDGE 1, A, B, BRIDGE 2, C, A, END

MEAS:

INTRODUCTION

1-4 WAIT 2 MEAS ; ; SLO HIP ROLLS LT & RT ; ;
[1-2]Wait 2 meas. w/ low hnds joined btwn couple feet slightly apt w/ lead feet free M fcg WALL;
[3-4] Roll L hip sd w/ feet in plc , - ; Roll R hip sd w/ feet in plc , -;

5-8 LUNGE APT & ROLL ACROSS ; LUNGE APT & ROLL BACK ;
LUNGE APT & HOLD ; SLO REC [BFLY] ;
[5] Lunge sd L awy fm ptln w/ ld hnd up & out to sd , - , sd R , comm. Rt fc roll bhnd (W) sd L cont rt fc roll to fc ptln & chg hnds ;
[6] Lunge sd R awy fm ptln w/ trl hnd up & out to sd , - , sd L , comm. Lt fc roll bhnd (W) sd R cont lt fc roll to fc ptln & chg hnds ;
[7] Lunge sd L awy from ptln w/ ld hnd up & out to sd & hold , - , - ;
[8] Slow rec R to BFLY, , - , - ;

PART A

1-4 LUNGE BASICS ; ; RIGHT TRN OUTSIDE ROLL ; BASIC END’G ;
[1-2] Lunge sd L , - , rec R , XLIB (XRIF) ; lunge sd R , - , rec L , XRIF (XLIF) ;
[3] Cross’g in front of (W) sd and bk L raise ld hnds while trn’g rt fc , - , sd and bk R turn’g 1/4 rt fc leading (W) under joined lead hands, XLIB to fc ptln & COH (fwd R comm rt fc twirl under ld hands , - , fwd L cont rf twirl, fwd and sd R to fc ptln ) ;

5-8 OP BASICS ; ; RIGHT TRN OUTSIDE ROLL ; BASIC END’G [BFLY] ;
[5-6] Sd L , - , bk R to ½ op RLOD , rec L to fc ; sd R , - , bk L to ½ op LOD , rec R to fc ;
[7] Repeat meas. 3 Part A to end fcg WALL ;
[8] Repeat meas. 4 Part A but end BFLY WALL ;

9-12 LUNGE BASICS ; ; LEFT TRN INSIDE ROLL ; BASIC END’G ;
[9-10] Repeat meas. 1 - 2 Part A ; ;
[11] Fwd L comm. 1/4 lt fc trn raising ld hnds to ld (W) into lf trn , - , sd R, XLIB to fc ptlnr (bk R comm 1/4 lt fc trn , - , sd L trng lt fc under ld hands, cont turng lt fc sd R to fc ptlnr ) ;
[12] Repeat meas 4 Part A ;

13-16 OP BASICS ; ; LEFT TRN INSIDE ROLL ; BASIC END’G w/ P/U LOW HNDS [LOD] ;
[13-14] Repeat meas 5 – 6 Part A ; ;
[15] Repeat meas 11 Part A ;
[16] Sd R , - , bk L to ½ op LOD , rec R (fwd L trng lf) pick’g (W) up to LOD both hnds joined low ;
PART B

1-4 TRIPLE TRAVELER ; ; ; RONDE LAIRET ;
[1-2-3] Fwd L comm lt fc upper bdy trn raising ld hnds to lead (W) into If trn , -, fwd R, fwd L ;
Fwd R spiral if under joined hands, -, fwd L , fwd R ; fwd L bring joined hands down
and back up in a contin cir motion to ld (W) into rt trn , -, fwd and sd R to fc ptnr, XLIF of R
(bk R trn 1/4 if, -, cont if trn sd and fwd L turn’g 1/2 under joined ld hnds, sd and fwd R cont If trn to fc
LOD ; fwd L , -, fwd R , fwd L ; fwd R comm rt fc trn , -, sd L cont rt fc trn under ld hnds, fwd R to fc ptnr) ;
[4] Sd R in momentary loose CP raise ld hnds and rotate upper body rf leading (W) into ronde ,-
Rec L trng if under ld hnds , cl R to L end LOP RLOD (sd L and ronde R CW , -, XLIB of L, fwd L) ;

5-8 OUTSIDE ROLL ; OP BASIC ; UNDERARM TRN ; BASIC END’G ;
[5] Fwd L bring ld joined hnds down leading (W) to comm. rf trn ,-, fwd R, XLIF (fwd R comm. rf trn ,-
fwd L cont rf trn under joined ld hnds , fwd R) ;
[6] Sd R ,-, bk L to ½ op LOD , rec R to fc ;
[7] Sd L ,-, XRIB, rec L (sd R comm. rf trn under joined ld hnds , -, XLIF cont rf trn 1/2,
rec fwd R to fc ptnr) ;
[8] Repeat meas 4 Part A ;

9-12 SWITCHES [CHK’G] ; ; REC SD THRU [RLOD] ; REC SD THRU [LOD] ;
[9-10] Fwd L comm. rt fc trn cross’g in front of (W) to ½ OP RLOD , -, bk R cont trn’g rt fc ,
fwd L ; fwd R , -, fwd L , fwd R (fwd R , -, fwd L, fwd R : cross in front of M sd L to ½ OP , -, fwd R , fwd L ) end right ½ OP LOD & ck on M R & (W) L foot ;
[11] Rec bk on L trn’g rt fc ,-, sd R cont trn’g rt fc , thru L cont rf trn ½ OP RLOD ;
[12] Rec bk on R trn’g lt fc ,-, sd L cont trn’g lt fc , thru R cont rf trn ½ OP LOD chk’g ;

13-16 REC SIDE CROSS ; REV UNDERARM TRN ; BASIC ; ;
[13] Rec L trng rt fc ,-, sd R to fc , XLIF ;
[14] sd R raise ld hnds , -, XLIF, rec R to fc (sd L comm. If trn under joined ld hnds , -, XLIB cont trn 1/2,
rec fwd L to fc) ;
[15-16] Sd L , -, XLIB (XLIB) , rec L ; sd R , -, XLIB (XLIB) , rec R ;

BRIDGE 1

1-4 LUNGE APT & ROLL ACROSS ; LUNGE APT & ROLL BACK ;
LUNGE APT HOLD ; SLO REC [BFLY] ;
[1-4] Repeat meas 5-8 of INTRO ; ; ;

REPEAT PARTS A & B

BRIDGE 2

1-2 OP BASICS w / PU [LOW HNDS] ; ;
[1] Repeat meas 5 Part A ;
[2] Sd R ,-, bk L to ½ op LOD , rec R (fwd L trng lf) pick’g (W) up to LOD both hnds joined low ;

PART C

1-3 TRAV’G CROSS CHASSE [2] ; ; WRAP(W) [RLOD] ; ~
[1-2] Fwd L w/ slight lf upper body rotation & rt shoulder ld , -, sd & fwd R DLW , XLIF ;
fwd R w/ slight rf upper body rotation & lt shoulder ld , -, sd & fwd DLC, XLIB (bk R w/ slight lf upper
body rotation & lt shoulder ld , -, sd & bk L DLW , XLIB ; bk L w/ slight rf upper bdy rotation & rt shoulder
ld , -, sd & bk R DLC , XLIF) ;
[3] Fwd L comm. rf trn raising both arms leading (W) into wrap ,-, fwd R cont rf trn , fwd L to end wrap pos
RLOD ; (slightly fwd R,-, in plc L, in plc R to end wrap pos RLOD) ;
PART C CONT’D

4-7 SWEETHEART RUNS [2] ; CK FWD & UNWRAP [FC] ; UNDERARM TRN :
[6] Fwd R, -, rec L raising both arm ldg (W) to turn lf, sd R (fwr L, -, rec R trng lf to fc ptrnr sd L) to BFLY COH;
[7] Sd L, -, XRIB, rec L (sd R comm. rt fc trn under joined ld hnds, -, XLIF cont rf trn 1/2, rec Fwr R to fc ptrnr);

8-11 OP BASIC w/ P/U [LOW HNDS RLOD] ; TRAV’G CROSS CHASSE [2] ; WRAP(W) [LOD] :
[8] Sd R, -, bk L to ½ op RLOD, rec R (fwr L trng lf) pick’g (W) up to RLOD with both hnds joined low;
[9-10] [1-2] Fwd L w/ slight lf upper body rotation & rt shoulder ld, -, sd & fwr R DRC, XLIF;
fw R w/ slight rf upper body rotation & lt shoulder ld, -, sd & fwr DRW, XRIF;
(bk R w/ slight lf upper body rotation & lt shoulder ld, -, sd & bk L DRC, XRIF; bk L w/ slight rf upper bdy rotation & rt shoulder ld, -, sd & bk R DRW, XLIF);
[11] Fwd L comm. rt trn raising both arms leading (W) into wrap, -, fwr R cont rf trn, fwr L to end wrap pos LOD; (slightly fwr R, -, in plc L, in plc R to end wrap pos LOD);

12-16 SWEETHEART RUNS [2] ; CK FWD & UNWRAP [FC] ; SLOW RIFF TURN ;
[14] Fwr R, -, rec L raising both arm ldg (W) to turn lf, sd R (fwr L, -, rec R trng lf to fc ptrnr sd L) to BFLY WALL;
[15] Sd L raise ld hnds to strt (W) into rf spin, -, cl R, -; sd L, -, cl R, -;
(Sd & fwr L spin rf fc complete one full turn und joined ld hnds, -, cl L to R, -,
[16] Sd L raise ld hnds to strt (W) into rf spin, -, cl R, -; sd L, -, cl R, -;
(Sd & fwr R spin rt fc complete one full turn under joined ld hnds, -, cl L to R, -,

REPEAT PART A [1-16 BUT END BFLY WALL]

ENDING

1-4 UNDERARM TRN ; REV U/A TRN ; BASIC ;
[1] Sd L raise ld hnds, -, XRIB, rec L (sd R comm. rf trn under joined ld hnds, -, XLIF cont rf trn 1/2, rec fwr R to fc ptrnr);
[2] sd R raise trl hnds, -, XLIF, rec R to fc (Sd L comm. If trn under joined ld hnds, -, XRIF cont If trn 1/2, rec fwr L to fc);

5-7 SLO SD DRAW CL [LOWER HNDS] ; SLO HIP ROLLS L & R ;

8-10 LUNGE APT & ROLL ACROSS ; LUNGE APT & ROLL BACK ;
LUNGE APT HOLD ;
[8-10] Repeat meas 5-7 of INTRO ;

11-12 SLO REC [CUDDLE POS] ; SWEETHEART CORTE w/ LEG CRAWL ;
[10] Rec R & wrap both arms around (W) waist, - - ;
[11] Bk L & rotate upper body slightly lt fc & hold (fwr R & slide L foot up along side M’s R leg w/ L arm out to side) ;