



Hero

Choreographer: Daniel Trepát

-Official GOLD competition dance 2023 - 2024-
Updated 18-2-2023

Type of dance: 48 Count, 2 Walls, Waltz - Line Dance
Level: Intermediate
Music: "Hero" by DJ Ice ft. Jonna
Intro: 24 counts from first beat in music

Counts	Footwork	End facing
1 – 6	Step & Sweep, Full Spiral Turn R, Step-Full Turn R, Step Back	
1 – 3	Step R diagonally R forward & sweep L forward (1), Cross L over R (2), Full spiral turn R (weight ends on L) (3)	12:00
4 – 5&6	Step R forward (4), Turn ½ R stepping L back (5), Turn ½ R stepping R forward (&), Step L back (6)	12:00
7 – 12	Step Back, ⅛ Turn L, Side, Cross, Twinkle ⅞ Turn L	
1 – 3	Step R back (1), Turn ⅛ L stepping L to L side (2), Cross R over L (3)	10:30
4 – 6	Turn ¼ L stepping L forward (4), Turn ⅛ L stepping R to R side (5), Turn ½ L stepping L to L side (6)	12:00
13 – 18	Check, Cross, Chassé	
1 – 3	Cross rock R over L (1), Recover on L (2), Step R to R side (3)	12:00
4 – 5&6	Cross L over R (4), Step R to R side (5), Step L next to R (&), Step R to R side (6)	12:00
19 – 24	Check, Double Full Spiral Turn L	
1 – 3	Cross rock L over R (1), Recover on R (2), Step L to L side (3)	12:00
4 – 6	Cross R over L (4), Turn 2 full turns L on R & keep L hooked in front of R (5 – 6)	12:00
Option	Instead of 2 full turns on count 5 – 6 is also 1 full turn allowed	
25 – 30	Aerial Rondé, Back ⅛ Turn R Twinkle	
1 – 3	Aerial Rondé to back with L (1 – 3)	12:00
4 – 6	Cross L behind R (4), Step R to R side (5), Turn ⅛ R stepping L back (6)	1:30
31 – 36	Step Back, ½ Heel Turn L, ½ Turn L Back Lock, ¼ Diamond Fallaway	
1 – 2&3	Step R back (1), Step L next to R & turn ½ L on heels (2), Turn ¼ L stepping R back (&), Turn ¼ L crossing L over R (3)	1:30
4 – 6	Step R back (4), Turn ⅛ L stepping L to L side (5), Turn ⅛ L stepping R forward (6)	10:30
37 – 42	½ Diamond Fallaway	
1 – 3	Step L forward (1), Turn ⅛ L stepping R to R side (2), Turn ⅛ stepping L back (3)	7:30
4 – 6	Step R back (4), Turn ⅛ L stepping L to L side (5), Turn ⅛ L stepping R forward (6)	4:30
43 – 48	⅛ Turn L, Step Fwd, Hold, ⅜ Turn R, Step Fwd, 1 ⅞ Triple Turn R	
1 – 3	Turn ⅛ L stepping L forward (1), Hold (2), Turn ⅜ R keeping weight on L (3)	7:30
4 – 5&6&8	Step R forward (4), Turn ½ R stepping L slightly back (5), Turn ½ R stepping R slightly forward (&), Turn ½ R stepping L slightly back (6), Turn ⅜ R keeping weight on L (&)	6:00