



## Hero



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CHOREO: Stefan & Nicolette Burger  
Frankenstr. 21 b, 67227 Frankenthal, Germany  
Homepage: [www.cuer.eu](http://www.cuer.eu) Email: [choreo@cuer.eu](mailto:choreo@cuer.eu)

MUSIC: Dance: Hero  
Artist: Allysha Album: Ballroom Flow Download: [casa-musica.com](http://casa-musica.com)  
Sample and by from Casa Musica:  
[Casa musica - Hero \(Slow Waltz 29\) \(casa-musica.com\)](http://Casa%20musica%20-%20Hero%20(Slow%20Waltz%2029)%20(casa-musica.com))

FOOTWORK: Opposite unless noted TIME: 3:14  
RHYTHM: Waltz Ph III, DEGREE OF DIFFICULTY: Easy  
SEQUENCE: Intro – A B C – B – B - Amod – Ending

### Intro:

[2] **wait ;; sway L ; sway R ;**  
CP wait ;; Side L taking partial weight while stretching the same side of the body [with the head swaying toward the opposite direction of step], continue to transfer weight to foot & commence straightening body, complete transfer of weight to foot with body upright over weighted foot drawing opposite foot slightly; Side R taking partial weight while stretching the same side of the body [with the head swaying toward the opposite direction of step], continue to transfer weight to foot & commence straightening body, complete transfer of weight to foot with body upright over weighted foot drawing opposite foot slightly; to Bfly Pos

### Part A:

[1-4] **wlz awy & tog ;; solo wz trn 6 ;;**  
Fwd trn awy L, sd & fwd R, cl ; sd R trn to Bfly, sd L, cl R ; fwd trn L, sd trn R, cl L ;  
bk trn R, sd trn L, cl R ; to CP

[5-8] **dp bk ; manuv ; 2 R trns ;;**  
Stp bk L w/knee slightly bent, slight LF twist , - , - ; fwd trn R, trn sd L, cl R ; bk trn L, sd, trn R, cl L ;  
fwd trn R, sd trn L, cl R ; fc Wall

[9-12] **twrl/vne 3 ; thru, fc, cl ; crcl awy & tog ;;**  
Sd L, XRIB, sd L ; {fwd trn R, bk trn L, sd R ;} thru R, sd L to fc partner, cl R ; fwd trn L, fwd trn R,  
fwd trn L ; fwd trn R, fwd trn L, fwd trn R ; to Bjo/Bol Position

[13-16] **wheel 6 ;; canter ; twice ;**  
In Bjo/Bol Position fwd L, fwd R, fwd L ; fwd R, fwd L, fwd R to CP fc Wall ; sd L, drw R to L, cl R ;  
sd L, srw R to L, cl R ;

### Part B:

[1-4] **bal L & R ;; hover ; manuv ;**  
Sd L, XRIB, in plc L ; sd R, XliB, in plc R ; fwd L, fwd & sd rise R, sd & fwd L ;  
fwd trn R, trn sd L, cl R ;

[5-8] **spn trn ; box fin ; 2 l trns ;;**  
Bk pvt L, fwd rise R, sd & bk L ; bk trn R, sd L, cl R ; fwd trn L, sd trn R, cl L ; bk trn R, sd trn L, cl R ;

[9-12] **hover ; thru hover (BJO) ; bk hover (SCP) ; PU (Scar) ;**  
Repeat Part B meas 3 ; thru R, fwd trn rise L, rec R to Bjo ; bk L sd & bk rise R, rec L to SCP ;  
thru R to fc LOD, sd L, cl R to SCAR fc DLW ;

[13-16] **X hover (BJO) ; X hover (Scar) ; X hover (SCP) ; thru, fc, cl ;**  
XIFL, sd & fwd rise R, fwd & sd L to Bjo ; Repeat Part B meas 13 to Scar :  
Repeat Part B meas 13 to SCP ; thru R, sd L to fc , cl R ;

### **Part C:**

- [1-4] **canter ; bal L ; rev twrl/vne ; thru twinkl ; twice ;**  
Repeat Part A meas 15 ; Repeat Part B meas 1 ; sd R, XLIB, sd R ; {fwd trn L, bk trn R, sd L ;}  
thru trn L, sd trn R, cl L ; thru trn R, sd trn L, cl R ;
- [5-8] **twrl/vne ; thru, fc, cl ; canter ;**  
Sd L, XRIB, sd L ; thru R, sd L to fc partner, cl R ; Repeat Part C meas 1 ;

### **Part Amod:**

- [1-4] **sway L ; sway R ; dp bk ; rec ;**  
Repeat Intro meas 3 & 4 ; Repeat Part A meas 5 ; rec R, - , - ;
- [5-8] **canter ; twice ; wlz awy & tog ;;**  
Repeat Part A meas 15 & 16 ; Repeat Part A meas 1 & 2 ;;
- [9-12] **crcl awy & tog (Bjo/Bol) ;; wheel 6 (Bfly/Wall) ;;**  
Repeat Part A meas 11 – 14 ; ; ;
- [13-16] **sway L ; sway R ;**  
Repeat Intro meas 3 & 4 ;

### **Ending:**

- [1-2] **sd corte & hold ;**  
sd L corte & hold , - , - ;

# Suggested Head Cues

Hero, Waltz Ph III  
Burger Stefan & Nicolette

- Intro: wait ;; sway L ; sway R ;
- Part A: wlz awy & tog ;; solo trn 6 ;; dip bk ; manuv ; 2 R trns (Wall) ;;  
twrl/vne 3 ; thru, fc cls ; crclawy & tog (Bjo/Bol) ;;  
Wheel 6 (Bfly/Wall) ;; canter twice ;;
- Part B: bal L & R ;; hover ; mauv ; spn trn ; box fin ; 2 L trns (Wall) ;;  
hover ; thru hover (Bjo) ; bk hover (SCP) ; PU (Scar) ;  
X hover (Bjo) ; X hover (Scar) ; X hover (SCP) ; thru, fc, cls ;
- Part C: canter ; bal L ; rev twrl/vne ; thru twinkl twice ;;  
twrl/vne ; thru, fc, cls ; canter ;
- Part B: bal L & R ;; hover ; mauv ; spn trn ; box fin ; 2 L trns (Wall) ;;  
hover ; thru hover (Bjo) ; bk hover (SCP) ; PU (Scar) ;  
X hover (Bjo) ; X hover (Scar) ; X hover (SCP) ; thru, fc, cls ;
- Part B: bal L & R ;; hover ; mauv ; spn trn ; box fin ; 2 L trns (Wall) ;;  
hover ; thru hover (Bjo) ; bk hover (SCP) ; PU (Scar) ;  
X hover (Bjo) ; X hover (Scar) ; X hover (SCP) ; thru, fc, cls ;
- Part Amod: sway L ; sway R ; dip bk ; rec ; canter twice ;; wlz awy & tog ;;  
crcl awy & tog (Bjo/Bol) ;; wheel 6 (Bfly/Wall) ;;  
sway L ; sway R ;
- Ending: sd corte & hold ;