

# HERO

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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 ptrn w/ ld hnd up & out to sd, -, sd R , comm. Rt fc roll bhnd (W) sd L cont rt fc roll to fc ptrn & chg hnds ;

[6] Lunge sd R awy fm ptrn w/ trl hnd up & out to sd, -, sd L , comm. Lt fc roll bhnd (W) sd R cont lt fc roll to fc ptrn & chg hnds ;

[7] Lunge sd L awy from ptrn 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 , XLIF (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, XLIF to fc ptrn & COH (fwd R comm rt fc twirl under ld hands, -, fwd L cont rf twirl, fwd and sd R to fc ptrn) ;

[4] Sd R , -, XLIB (XRIB) , rec R ;

### **5-8 OP BASICS ; ; RIGHT TRN OUTSIDE ROLL ; BASIC END'G [BFLY] ;**

[5-6] Sd L , -, bk R to 1/2 op RLOD , rec L to fc ; sd R , -, bk L to 1/2 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, XLIF to fc ptrn

(bk R comm 1/4 lt fc trn , -, sd L trng lt fc under ld hands, cont turng lt fc sd R to fc ptrn) ;

[12] Repeat meas 4 Part A ;

### **13-16 OP BASICS ; ; LEFT TRN INSIDE ROLL ; BASIC END'G w/ P/U LOW HND [LOD] ;**

[13-14] Repeat meas 5 – 6 Part A ; ;

[15] Repeat meas 11 Part A ;

[16] Sd R , -, bk L to 1/2 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 LARIET :**  
[1-2-3] Fwd L comm lt fc upper bdy trn raising ld hnds to lead (W) into lf trn , -, fwd R, fwd L ;  
Fwd R spiral lf 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 rf trn , -, fwd and sd R to fc ptrn, XLIF of R  
(bk R trn 1/4 lf, -, cont lf trn sd and fwd L turn'g 1/2 under joined ld hnds, sd and fwd R cont lf 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 ptrn) ;  
[4] Sd R in momentary loose CP raise ld hnds and rotate upper body rf leading (W) into ronde ,-,  
Rec L trng lf under ld hnds , cl R to L end LOP RLOD (sd L and ronde R CW ,-, XRIB 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 ;ptrn) ;  
[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. lf trn under joined ld hnds , -,  
XRIF cont lf trn 1/2, rec fwd L to fc) ;  
[15-16] Sd L , -, XRIB (XLIB) , rec L ; sd R , -, XLIB (XRIB) , 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, XRIF (bk R w/ slight lf upper  
body rotation & lt shoulder ld , -, sd & bk L DLW , XRIF ; 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 ;**

[4-5] Fwd R ,-, fwd L, fwd R ; fwd L ,-, fwd R , fwd L ;  
[6] Fwd R ,-, rec L raising both arm ldg (W) to turn lf, sd R (fwd L ,-, rec R trng lf to fc ptrn 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 Fwd R to fc ptrn) ;

**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 (fwd 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 & fwd R DRC , XLIF ;  
fwd R w/ slight rf upper body rotation & lt shoulder ld ,-, sd & fwd 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. rf trn raising both arms leading (W) into wrap .-, fwd R cont rf trn , fwd L to end wrap pos LOD ; (slightly fwd R,-, in plc L, in plc R to end wrap pos LOD) ;

**12-16 SWEETHEART RUNS [2] ; ; CK FWD & UNWRAP [FC] ; SLOW RIFF TURN ; ;**

[12-13] Fwd R ,-, fwd L, fwd R ; fwd L ,-, fwd R , fwd L ;  
[14] Fwd R ,-, rec L raising both arm ldg (W) to turn lf, sd R (fwd L ,-, rec R trng lf to fc ptrn sd L) to BFLY WALL ;  
[15] Sd L raise ld hnds to strt (W) into rf spin ,-, cl R ,-, ; sd L ,-, cl R ,- ;  
(Sd & fwd R spin rt 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 & fwd 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 fwd R to fc ptrn) ;  
[2] sd R raise trl hnds ,-, XLIF, rec R to fc (Sd L comm. lf trn under joined ld hnds ,-, XRIF cont lf trn 1/2, rec fwd L to fc) ;  
[3-4] Sd L ,-, XRIB, rec L ; sd R ,-, XLIB , rec R ,- ;

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

[5] Sd L draw R to L ,-, cl R to L ; [6-7] repeat INTRO meas 3 – 4 ; ;

**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 (fwd R & slide L foot up along side M's R leg w/ L arm out to side) ;