

HERO

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MUSIC: Hero Artist: Enrique Iglesias Album: Escape
Length: 4:25 Playing at 88 BPM Length: 3.47.589 or adjust for your own comfort.

FOOTWORK: Opposite (Woman in parenthesis)

RHYTHM: Phase VI Bolero

SEQUENCE: Intro-ABC-AMOD-CMOD-D-C-Ending Released 7/11/2024

INTRO

1-4 FACING PARTNER & COH TRAIL FEET FREE LEAD HANDS LOW HEADS LOOKING DOWN; LIFT LADY'S HEAD; REVERSE UNDERARM TURN; LADY TO FAN;

1-4 **[Starting POS {---- ----}]** Fcg ptr & COH ld hnds jnd low heads down, -, -, -; Bring arms up, encourage W's head up with index finger of R hnd, -, extend trail arms to sd;
[Rev Underarm Trn] Sd & fwd R, - raise ld hnds, XLIF, rec R (*Sd & fwd L swvl LF 1/4, -, under ld hnds fwd R spiral ½, fwd L fc ptr & WALL*);
[Fan] Sd L, -, bk R, rec L (*Sd R, -, fwd L comm to trn LF, sd & bk R trn LF to fc LOD*);

PART A

1-8 HOCKEY STICK; OVERTURNED FACE LINE; SYNCOPATED RUN; SLOW FWD & SWIVEL LADY TO FACE; TURNING BASIC;; FENCE LINE; FORWARD BREAK TO LOW BFLY;

1-4 **[Hockey Stick]** Smlld sd R twd LOD, -, fwd L, rec R; Cl L to R, -, trng RF bk R, fwd L (*Bk L to fan POS, -, cl R bhnd L, fwd L; Fwd R, -, fwd L, fwd R spiral LF 7/8 under ld*) fc LOD;
[Sync Run] Fwd R, -, down line fwd L/R, fwd L (*Fwd L, -, down line fwd R/L, fwd R*);
[Fwd & Ldy Face] Fwd R, -, ld W to swvl RF & trn LF on R fc DC, - (*Fwd L, -, swvl RF on L fc DRW, -*);

5-8 **[Trng Basic]** Sd L trng upper bdy RF, -, slip bk R trng LF, sd & fwd L trng fc WLL; Sd R, -, fwd L with contra chk action, rec R (*Sd R with slight RF upper bdy rotation, -, trng 1/4 LF slip fwd L, bk R trng 1/4 LF; Sd L, -, bk R with chkg action, fwd L*);
[Fence Line] Sd L with trailing arm sweep, -, X lunge R with flex knee, bk L (*Sd R, -, X lunge thru L with bent knee looking LOD, rec bk R*); **Note: 2nd time thru jn R hnds.**
[Fwd Break] Sd & fwd R, -, fwd L with contra ck action, bk R (*Sd & bk L, -, bk R with contra ck action, fwd L*) end in low BFLY FCG WLL;

PART B

1-8 SYNCOPATED SWAYS; PREPARE THE AIDA; AIDA LINE WITH ROCKS; FACE & POINT FOR DOUBLE UNDERARM TURN; TO REVERSE PROGRESSIVE ROCKS; & FACE CLOSE UP FOR A; RIGHT LUNGE WITH LADY BODY SWAYS & RECOVER; CONTRA BREAK TO HAND SHAKE;

1-4 **[Sways]** With upper bdy swy sd L, -, sd R/sd L, sd R (*With upper bdy sway sd R, -, sd L/sd R, sd L*);
[Aida Aida Line With Hip Rocks] Sd & fwd L twds LOD, -, fwd R, fwd & sd L trng RF to fc prt & WLL; Bk R to V POS fc DRC, -, sd rk L, sd rk R (*Sd & fwd R, -, fwd L, fwd & sd R trng LF to fc prt & COH; Bk L to V POS fc DRW, -, sd rk R, sd rk L*);
[Fc For Double Underarm Trn] Rec L trng LF to fc ptr & WLL, pt R to sd bring trail hnds up, cont LF trn on L bring trail hnds thru fwd R trng ½ LF, rec L trn ¼ LF (*Rec R trng RF to fc prt & COH pt L to sd, cont RF trn on R, fwd L trn ½ RF, rec R to fc*) end fcg ptr & WLL;

5-8 **[Progr Sd Rks]** Sd R trn 3/8 RF to a V POS, -, sd rk L, rec rk R; Sd L trn to fc, -, sd rk R, rec rk L (*Sd L trn 3/8 LF to a V POS, -, sd rk R, rec rk L; Sd R trn to fc, -, sd rk L, rec rk R*) blend CP WLL;
[R Lunge & Rec] Sd & fwd R, -, with slight RF bdy trn lower on R ld W upper sway L & R, rec L (*Sd & bk L, -, upper bdy swy L & R, rec R*);

[**Contra Break**] Sd & fwd R, -, with contra bdy action & R sd ld slip fwd L, rec R (*Sd & bk L, -, with L sd ld slip bk R, rec L*) jn R hnds;

PART C

- 1-9 **FULL MOON;;; TO SHADOW WALL MAN SYNCOPATE; SHADOW CONTRA CHECK; SHADOW TURNING BASIC;; SHADOW SWAY ROCKS; SIDE LADY TO FAN IN 2 MAN RECOVER;**
- 1-4 [**Full Moon**] Trng LF on R sd L twds COH, -, trng LF fc COH smll slip bk R, bring R hnds up ldg W to spiral LF fwd L blend to MOD VARSOUVIENE COH with L hnds extend to sd; Fwd R, -, fwd L, smll bk R; CP L to R trng 1/8 RF, -, bk R trng LF, cont LF trn fwd L bringing R hnds up bhnd W to ld spiral to MOD VARSOUVIENE WALL with L hnds extend to sd; Fwd R blend to SHDW WALL, -, smll fwd L/fwd R chk adjust to SHDW WALL bhnd W, rec L (*Fwd R, -, fwd L, fwd R spiral 7/8 LF; Fwd L, -, fwd R chkg, rec L; Fwd R swvl RF 1/2, -, twds WALL fwd L, fwd R spiral 7/8 LF; Fwd L, -, fwd R, in pl L*) blend to SHDW WALL;
- 5-9 [**Shdw Contra Chck**] Sd & fwd R, -, with contra bdy action slip fwd L, rec R;
[**Shdw Trng Basic**] Sd L trng upper bdy RF, -, slip bk on R trng LF fc COH, rec L; Sd & fwd R, -, with contra chk action slip fwd on L, rec R;
[**Sway Rks**] With upper bdy swy sd L, -, sd R, sd L;
[**Sd Ldy To Fan**] Sd R, -, ld W to fan sd L, - (*Sd R trng LF fc RLOD, -, fwd L, fwd R spiral 1/2 LF*) rel L hnds jn ld hnds;

PART AMOD

- 1-8 **HOCKEY STICK OVERTURNED; TO LINE; SYNCOPATED RUN; SLOW FWD & SWIVEL LADY TO FACE; TURNING BASIC;; FENCE LINE JOIN RIGHT HANDS; CONTRA BREAK;**
- 1-8 Repeat meas 1-7 of Part A;;;;; jn R hnds; then Repeat 8 of Part B;

PART CMOD

- 1-9 **FULL MOON;;; TO SHADOW WALL MAN SYNCOPATE; SHADOW CONTRA CHECK; SHADOW TURNING BASIC;; SYNCOPATED SHADOW SWAY ROCKS; SHADOW RIGHT TURN LADY RIGHT TO CLOSE MAN RECOVER WITH HEAD LOOP FACE WALL;**
- 1-7 Repeat meas 1-7 of Part C;;;;;;
- 8-9 [**Sync Sway Rks**] With upper bdy sway sd L, -, sd R, sdL/sd R;
[**Trn R Ldy To Fc**] Sd L trng 1/4 RF, -, under L ld W to trn RF rec R trng fc WALL rel L hnds as after head loop then extend hnd twd LOD connecting W's R hnd, - (*Sd L trng 1/4 RF, -, under M's L smll fwd R trng 3/4 RF, sd L fc ptr & COH*);

PART D

- 1-8 **SYNCOPATED TURNING BASIC; WITH SEPARATION INTO TELESPIN; TO A HINGE; LADY RECOVER AND PIVOT 2 FACE WALL; PREP SAMEFOOT LUNGE; LADY RECOVER INTO DOUBLE REVERSE FACE LOD; REVERSE FALLAWAY & SLIP FACE WALL; SIDE LADY TO HINGE;**
- 1-4 [**Sync Trng Basic**] Sd L shape to R, -, slip R Trng LF/fwd L cont LF trn, fwd R comp trn fc WALL (*Sd R shape to R, -, slip L fwd into M trng LF/Bk R cont LF trn, cl L to R toe*);
[**Separate Into Telespin**] Smll sd & fwd L twds LOD to L POS fcg WALL, -, on L trn LF ldg W to step fwd to CPLOD fwd R around W's L ft cont LF trn, - (*CL R to L to L POS fcg LOD, -, fwd L trng LF blend CP RLOD/bk R, cl L to R toe trn*) CP DRW;
[**To Hinge**] Sd & fwd L, -, lower on L trn bdy LF, - (*Cont LF trn on L sd & fwd R, -, trn bdy LF X bk L well under bdy, pt R fwd*);

- [Rec Piv 2]** Hold as W rec to fc, -, betwn W's ft fwd R comm a full RF piv, sd & bk L comp piv fc ptr & wll (*Rec fwd R trng ¼ RF to fc ptr & COH, -, Sd & bk L comm full RF piv, fwd R btwn M's ft*);
- 5-8 **[Prep Samefoot Lunge]** Cont RF trn on L, -, lower on L, sd & fwd R with R sd stretch looking at ptr (*Cont RF trn, blending L hip on M's R hip socket, Lower on L, sd & bk R under body looking L*);
- [Ldy Rec To Double Rev]** Trn LF on R ldg W to rec blend to CP LOD, fwd L, fwd & sd R around W spn LF, bring L ft under bdy next to R no wgt, - (*Rec L trng LF blend CP RLOD, bk R start trn LF, cl L to R heel trn, sd R/XLib of R*) end CP LOD;
- [Reverse Fallaway and Slip]** Fwd L comm LF trn, sd & bk R, XLIB of R, slip bk R piv LF (*Bk R start LF trn, bk L, XRIB of L, slip sd & fwd L piv LF*) end CP WALL;
- [Hinge]** Sd L, -, lower on L trn bdy LF, - (*Sd R, -, trn bdy LF, X bk L Well under bdy pt R fwd*);
- 9-16 **LADY CURL TO A FAN MAN IN 2; ADVANCE ALEMANA; FACE COH; CUDDLES;; FORWARD BREAK; LEFT SIDE PASS JOIN RIGHT HANDS; CONTRA BREAK;**
- 9-13 **[Ldy Curl To Fan]** Ld W to trn LF under ld hnds, rec R trn LF fc LOD, rec L trn RF to fc WLL, - (*Rec R spiral LF ½ under ld hnds fc LOD, -, fwd L trn ½ LF, bk R*);
- [Adv Alemana]** Smll sd R, -, fwd L, rec R; Smml sd L ldg W to trn RF trn, -, XRIB of L start a ½ RF Trn, smll sd L comp RF trn (*Bk L, -, cl R in bk of L, fwd L; Fwd R trn ½ RF to fc ptr & COH undr jnd ld hnds, -, fwd L cont trng extra ½ RF to fc ptr & WALL, fwd R*) blend to CUDDLE POSITION fcg WALL with Man's arms embracing ptr under her arms;
- [Cuddles]** Smll fwd R comp the CUDDLE POS, -, sd L, rec R; Cl L to R, -, sd R, rec L; (*Fwd L comm RF trn up to 1/2, -, bk R, rec L trng LF to fc ptr & WALL; Sd R comm LF trn up to 1/2, -, bk L, rec R trng RF to fc ptr & WALL*);
- 14-16 **[Fwd Break]** Repeat meas 8 of part A;
- [Left Sd Pass]** Cl L to R with upper bdy RF trn ldg W to a partial wrap fc DC, -, slip bk R trng LF, fwd L trng LF fc WLL (*Fwd R trn RF to partial wrap fc DRC, -, sd & fwd L trng LF, bk R end fcg COH*) jn R hnds;
- [Contra Break]** Repeat meas 8 of Part B;

PART C

- 1-9 **FULL MOON;;; TO SHADOW WALL MAN SYNCOPATE; SHADOW CONTRA CHECK; SHADOW TURNING BASIC;; SHADOW SWAY ROCKS; SIDE LADY TO FAN IN 2 MAN RECOVER;**

ENDING

- 1-8 **ADVANCE ALEMANA; FACE WALL; FORWARD BREAK BLEND TO CLOSE POSITION; SYNCOPATED TURNING BASIC; WITH SEPARATION INTO TELESPIIN; TO HINGE; LADY RECOVER INTO PIVOT 2 FACE WALL; PREP SAMEFOOT LUNGE;**
- 1-2 **[Adv Alemana]** Repeat meas 10-11 of Part D; end fcg WALL;
- 3-8 **[Fwd Break]** Repeat meas 8 of part A blend CP WALL;
- [Sync Trng Basic + Into Telespin + Hinge + Rec Piv 2 & Prep Samefoot Lunge]** Repeat meas 1 thru 5 of Part D;,,,,;
- 9-11 **LADY RECOVER INTO DOUBLE REVERSE FACE LOD; REVERSE FALLAWAY & SLIP; SIDE LADY TO HINGE & EXTEND;**
- 9-11 **[Ldy Rec To Double Rev & Reverse Fallaway and Slip]** Repeat meas 6 & 7 of Part D;;
- [To Hinge]** Repeat meas 8 of Part D extend L arms to sd;

Short Cues: Hero by: Rey & Sherry Garza Phase 6 Bolero

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LIFT LADY'S HEAD; REVERSE UNDERARM TURN; LADY TO FAN;

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- 1-8 HOCKEY STICK OVERTURNED; TO LINE; SYNCOPATED RUN; SLOW FWD & SWIVEL LADY
TO FACE; TURNING BASIC;; FENCE LINE; FORWARD BREAK TO LOW BFLY;

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- 1-8 SYNCOPATED SWAYS; PREPARE THE AIDA; AIDA LINE WITH ROCKS; FACE & POINT FOR
DOUBLE UNDERARM TURN; TO REVERSE PROGRESSIVE ROCKS; & FACE CLOSE UP FOR
A; RIGHT LUNGE WITH LADY BODY SWAYS & RECOVER; CONTRA BREAK TO HAND
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LADY TO FACE; TURNING BASIC;; FENCE LINE JOIN R HANDS; CONTRA BREAK;

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SHADOW TURNING BASIC;; SYNCOPATED SHADOW SWAY ROCKS; SHADOW RIGHT TURN
LADY RIGHT TO CLOSE MAN RECOVER WITH HEAD LOOP FACE WALL;

PART D

- 1-8 SYNCOPATED TURNING BASIC; WITH SEPARATION INTO TELESPIN; TO HINGE; LADY
RECOVER INTO PIVOT 2; PREP SAMEFOOT LUNGE; LADY RECOVER INTO DOUBLE
REVERSE FACE LOD; REVERSE FALLAWAY & SLIP FACE WALL; SIDE LADY TO HINGE;
9-16 LADY CURL TO A FAN; ADVANCE ALEMANA; FACE COH; CUDDLES;; FORWARD BREAK;
LEFT SIDE PASS JOIN RIGHT HANDS; CONTRA BREAK;

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WITH SEPARATION INTO TELESPIN; TO HINGE; LADY RECOVER INTO PIVOT 2 FACE
WALL; PREP SAMEFOOT LUNGE;
9-11 LADY RECOVER INTO DOUBLE REVERSE FACE LOD; REVERSE FALLAWAY & SLIP; SD
LADY TO HINGE & EXTEND;