

# Boots 'n' Us



## My Hero

Choreographed by Margaret Murphy, Boots'n'Us, June 2003, email: boots'n'us@hotmail.com

**Description:** 64 count, 4 wall, Easy intermediate line dance  
**Music:** Hero (Metro Mix) by Enrique Iglesias

### 1-8 ROCKS AND COASTER STEPS, LEFT AND RIGHT

1,2 Rock Forward onto Left, rock back onto Right  
3&4 Step back on Left, step Right next to Left step forward on Left  
5,6 Rock forward onto Right, rock back onto Left  
7&8 Step back on Right, step Left next to Right, step forward on Right (12.00)

### 9-16 ROCK LEFT, RIGHT, TRIPLE STEP, ROCK RIGHT, LEFT, TRIPLE STEP

1-2 Rock left to left side, rock onto right  
3&4 Triple step on the spot LRL  
5,6 Rock Right to Right, rock onto Left  
7&8 Triple step on the spot, RLR (12.00)

### 17-24 ROCK, ¼ TURN LEFT, SHUFFLE, PIVOT 1/2 TURN LEFT, SHUFFLE FWD

1,2 Rock Left over Right, step Right in place  
3&4 Turning ¼ turn left, shuffle fwd. LRL  
5-6 Step Right foot forward, pivot ½ turn Left  
7&8 Shuffle forward right, left, right (3.00)

### 25-32 REPEAT LAST 8 BEATS (6.00)

### 33-40 STEP LOCK, SHUFFLE, ¼ TURN RIGHT, STEP LOCK SHUFFLE

1-2 Step forward on Left, lock Right behind Left,  
3&4 Shuffle to forward, left, right, Left  
5-6 Turning ¼ turn Right, step forward, on Right lock Left behind Right  
7&8 Shuffle forward, Right, Left, Right (9.00)

### 41-48 JAZZ BOX, TRIPLE STEP, HEEL JACKS

1-2 Cross Left over Right, step back on Right  
3&4 Triple step on the spot, Left, Right, Left  
5&6& Cross Right over Left, step on Left placing Right heel forward.step onto Right  
7&8 Cross Left over Right, step on Right placing Left heel forward (9.00)

### 49-56 ROCK, ROCK, ½ TURN SHUFFLE RIGHT

&1-2 Hop left back next to Right.rock forward onto Right step back onto Left  
3&4 ½ turn Right shuffle forward Right, Left, Right  
5&6& Cross left over right step onto Right placing Left heel forward, step onto Right  
7&8 Cross Right over Left step onto Left placing Right heel forward. (3.00)

### 57-64 ROCK FORWARD, BACK, COASTER STEP, JAZZ BOX, TRIPLE STEP

&1-2 Hop rock forward on the Left, rockstep back onto Right  
3&4 Step back on Left step Right next to Left, step forward on Left  
5,6 Cross Right over Left, step back on Left  
7&8 Triple step on the spot, Right, Left, Right (3.00)

**REPEAT|**