

HEROES AND FRIENDS

SONG: HEROES AND FRIENDS (REMIX) (Track Time 3:12)
ARTIST: RANDY TRAVIS (Available on iTunes)
ALBUM: I TOLD YOU SO – ULTIMATE HITS
CHOREOGRAPHER: JENNIFER HUGHES FEBRUARY 2018 (AUS)
DANCE STARTS: 12 COUNT INTRO, START ON VOCALS

60 COUNT 2 WALL INTERMEDIATE WALTZ LINE DANCE VERSION: 1.0

1 – 12	FWD WALTZ, BACK WALTZ, FWD, ¼, SWEEP, ACROSS WALTZ	
1, 2, 3	Waltz fwd Stepping L fwd, Step R beside L, Step L beside R	
4, 5, 6	Waltz back Stepping R back, Step L beside R, Step R beside L	12.00
1, 2, 3	Step fwd on L, Turn 1/4L on ball of L Sweeping R toe to R, Hold	
4, 5, 6	Cross Waltz Stepping R over L, Step L beside R, Step R beside L	9.00
13 - 24	STEP FWD, TOUCH, HOLD, BACK WALTZ, STEP FWD, STEP FWD, ¼ TURN, STEP ACROSS, STEP SIDE, STEP BEHIND	
1, 2, 3	Step L fwd, Touch R toe beside L, Hold	
4, 5, 6	Waltz back Stepping R back, Step L beside R, Step R beside L	
1, 2, 3	Step L fwd, Step R fwd, Pivot Turn 1/4 L Stepping on L	
4, 5, 6	Cross Step R over L, Step L to L side, Step R behind L	6.00
25 - 36	STEP SIDE, DRAG, TOUCH, FULL TURN R, ACROSS WALTZ, CROSS STEP, HOLD	
1, 2, 3	Step L to L, Drag R toe to L (wt. on L), Hold	
4, 5, 6	Turning ¼ R Step fwd on R, Turning ½ R Step back on L, Turning 1/4 R Step R to R	6.00
1, 2, 3	Cross Waltz Stepping L over R, Step R beside L, Step L beside R	
4, 5, 6	Cross/Step R over L (facing 4.30), Hold, Hold	6.00
37 - 48	WALTZ BACK, STEP ACROSS, ¼ TURN, STEP BESIDE, STEP FWD, STEP FWD, PIVOT 1/2 TURN	
1, 2, 3	Waltz back Stepping L back, Step R beside L, Step L beside R	
4, 5, 6	Cross/Step R over L, Turn ¼ R Step L beside R, Step R beside L	3.00
1, 2, 3	Step fwd L, Step fwd R, Pivot Turn ½ L Step fwd L	9.00
4, 5, 6	Step fwd R, Step fwd L, Pivot Turn ¼ R Step on R	6.00
49 – 60	FWD ½ TURN WALTZ, BACK WALTZ, FWD ½ TURN WALTZ, BACK WALTZ	
1, 2, 3	Waltz fwd Stepping L fwd, Turning ½ L Step R beside L, Step L beside R	
4, 5, 6	Waltz back Stepping R back, Step L beside R, Step R beside L (* Restart here on Wall 4)	12.00
1, 2, 3	Waltz fwd Stepping L fwd, Turning ½ L Step R beside L, Step L beside R	
4, 5, 6	Waltz back Stepping R back, Step L beside R, Step R beside L	6.00

End of Sequence

Restart: Occurs on Wall 4 after 54 counts (*) facing back.

Finish: You may like to finish around the 2min 25s mark, but I like to keep dancing to the instrumental at the end of the song. As the music fades dance to count 36 on Wall 6.

Choreographer Details: Jennifer Hughes: 0407 020 863

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