

## HERO 4

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**MUSIC:** Hero Artist: Enrique Iglesias Album: Escape Length: 4:25  
Dance Wizard/Dance Master Speed: 53 or adjust for your own comfort.

**FOOTWORK:** Opposite (Woman in parenthesis)

**RHYTHM:** Phase IV + 1 (Riff Turn) Bolero

**SEQUENCE:** Intro-ABC-AMod-C-D-C(1-8)-Ending Released 3/21/25 Revised 3/28/2025

### INTRO

#### **1-4 FACING PARTNER & WALL HEADS DOWN; LIFT THE LADY'S HEAD; HIP ROCKS SQQ; LUNGE BREAK;**

- 1-4 [Starting POS]** Ld hnds jnd low heads looking down ld ft free, -, -, -; Bring arms up, encourage ldy's head up with the palm of R hnd, -, extend trail arms to sd, -;  
**[Hip Rocks]** With upper bdy sway sd rock L (R), -, R(L), L(R);  
**[Lunge Break]** Sd R, -, lower on R extend L leg sd & bk extend R arm to sd, rise on R (Sd L, -, lower on L extend L arm to sd bk R, rec L);

### PART A

#### **1-8 UNDERARM TURN; TO LARIAT 3 BOTH FACE LINE; SYNC BOLERO WALKS; FWD TO FACE & LUNGE SIDE TO LOD; BFLY BASIC;; LEFT SIDE PASS FACE WALL; REV UNDERARM TURN LOW BFLY;**

- 1-4 [Underarm Turn]** Sd & bk L slght RF trn raise ld hnds, -, bk R ld W under, rec L fc WALL (Sd & fwd R start a comp RF trn under ld hnds, -, fwd L cont RF trn, rec R comp trn end on M's R sd);  
**[Lariat]** Cl R to L, -, small sd L, rec R trn LF fc LOD (Start a small ¼ LF circle around man fwd L, -, fwd R, fwd L) end in LOP both fcg line W slightly ahead of M;  
**[Sync Wlks]** Fwd L, -, fwd R/L, fwd R (Fwd R, -, fwd L/R, fwd L);  
**[Fc & Lunge]** Fwd L trng ¼ LF to fc ptr coh, -, lunge sd R extend R arm to sd, - (Fwd R trng ¼ RF, -, lunge sd L extend L arm to sd, -);
- 5-8 [Basic]** Blend to BFLY COH sd L, -, slip bk R, fwd L; Sd R, -, slip fwd L, bk R (Sd R, -, slip fwd L, bk R; Sd L, -, slip bk R, fwd L);  
**[Left Side Pass]** Cl L to R with upper bdy RF trn ld W to a partial bdy wrap, -, slip bk R trng LF, cont LF trn fc wall (Fwd R trng ½ RF, -, fwd L in front of Man trng LF fc COH, bk R);  
**[Rev Underarm Trn]** Sd & fwd R with bdy rise, -, XLIF of R lowering, bk R (Sd & fwd L trng LF under ld hnds, -, cont LF trn fwd R, fwd L comp LF trn fc ptr & COH) blend to low BFLY WALL;

### PART B

#### **1-8 SYNCOPATED SWAYS; FENCE LINE TO LOD; SPOT TURN REV; TO LOD HIP LIFT; AIDA TO REV; AIDA LINE & SWITCH TO FACE; BFLY HIP ROCKS SQQ; FWD BREAK;**

- 1-4 [Sways]** Sd L with upper bdy swy to L & R, -, sd R/sd L, sd R (Sd R with upper bdy sway R & L, -, sd L/sd R, sd L);  
**[Fence Line]** Sd L, -, X lunge R with bent knee, bk L (Sd R, -, X lunge L with bent knee, bk R);  
**[Spot Trn]** Sd & fwd R trng RF, -, cont RF trn fwd L, fwd R comp RF trn fc ptr & WALL (Sd & fwd L trng LF, -, cont LF trn fwd R, fwd L comp LF trn fc ptr & COH) BFLY;  
**[Hip Lift]** Sd L bring R to L, -, with light pressure on ball of ft lift R hip, & lower;
- 5-8 [Aida & Slw Switch]** Sd R trn 1/8 RF fc DRW, -, thru L, trng to fc ptr & WALL connect trail hnds sd R cont LF trn rel ld hnds; Sd & bk L to an Aida Line, -, bringing trail hnds bk trng RF on L fc ptr & WALL sd R, - (Sd L trn 1/8 LF fc DRC, -, thru R, trng to fc ptr & COH connect trail hnds sd L cont RF trn rel ld hnds; Sd & bk R to an Aida Line, -, bringing trail hnds bk trng LF on R fc ptr & COH sd L, -) blend BFLY WALL;  
**[Hip Rocks]** Repeat meas 3 of Intro;

[Fwd 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);

**PART C**

**1-9 RIGHT SIDE PASS FACE COH; NEW YORKER TO LOD; CROSS BODY LADY IN 4 TO SHADOW WALL; SHADOW FENCE LINE TO REV; SHADOW CRAB WALKS TO LOD;; SHADOW FENCE LINE; LADY RIGHT FACE UNDERARM 2 TO FACE LEAD HANDS; RIFF TURNS;**

**1-5 [R Sd Pass]** Sd & fwd L shaping RF twds ptr raise ld hnds, -, small RIB on L cont RF trn, small sd & fwd L (Fwd R shaping twds ptr, -, fwd L start ½ LF trn, fwd R comp LF trn) end fcg ptr & COH;  
**[New Yorker]** Trng RF on L sd & fwd R, -, slip fwd L, bk R fc ptr & COH;  
**[X Bdy]** Sd & bk L trng LF, -, slip bk R cont LF trn rel ld hnds, fwd L comp trn connect L hnds (Sd & fwd R, -, fwd L in front of Man start a full LF trn /fwd R cont LF trn, sd & fwd L comp LF trn fc WALL jn L hnds) blend SHADOW WALL;

**[Fence Line]** To RLOD sd R, -, X lunge L with bent knee, bk R;  
**6-9 [Shdw Crab Walks]** To LOD sd L, -, XRIF of L, sd L; XRIF of L, -, sd L, XRIF of L;  
**[Fence Line]** Sd L, -, X lunge R with bent knee, bk L CCW R arm sweep up & out on SQQ;  
**[Ldy Fc ]** Start to bring L hnds over W's head sd R, -, - (Sd & fwd R start ½ RF trn under jnd L hnds, -, smll fwd L comp RF trn to fc ptr & coh, -) rel L hnds jn ld hnds;  
**[Riff Trns]** Raise ld hnds ldg W to a comp RF trn sd L, cl R to L (Sd & fwd R spin RF full trn under ld hnds, cl L to R) repeat beat 1 & 2, -;

**PART AMOD**

**1-8 UNDERARM TURN; TO LARIAT 3 BOTH FACE LINE; SYNC BOLERO WALKS; FWD TO FACE & LUNGE SIDE TO LOD; BFLY BASIC;; LEFT SIDE PASS FACE WALL; OPEN BREAK;**

**1-7** Repeat meas 1 thru 7 of part A;;;;;;

**8 [Op Break]** Small fwd R twds ptr, -, bk L, rec R (Small fwd L twds ptr, -, bk R, rec L) end to BFLY;

**PART C**

**1-9 RIGHT SIDE PASS FACE COH; NEW YORKER TO LOD; CROSS BODY LADY IN 4 TO SHADOW WALL; SHADOW FENCE LINE TO REV; SHADOW CRAB WALKS TO LOD;; SHADOW FENCE LINE; LADY RIGHT FACE UNDERARM 2 TO FACE LEAD HANDS; RIFF TURNS;**

**PART D**

**1-8 UNDERARM TURN; TO REV HIP LIFT; TURNING BASIC WITH; OPEN BREAK ENDING BFLY COH; OPENING OUT INTO; TWISTY VINE 4 TO LOD; SLOW SIDE TO SIDECAR FWD CHECK; LADY DEVELOPE & RECOVER TO CP COH;**

**1-4 [Underarm Trn]** Repeat meas 1 of part A end CP WALL;

**[Hip Lift]** Sd R bring L to R, -, with light pressure on ball of ft lift L hip, & lower;

**[Turning Basic With Op Break]** Sd L trng upper bdy RF, -, slip bk R trng LF, sd & fwd L trng fc WLL; Chk R, -, apt L, rec R (Sd & fwd R with upper bfy RF rotation, -, slip fwd L trng LF, bk R comp trn end fcg ptr & COH; Ck L, -, apt R, rec L) end in BFLY COH;

**5-8 [Opng Out]** Cl L to R trng upper bdy LF, -, lower extend R leg to sd, and rise (Sd & bk R trng LF, -, XLIB of R lower, fwd R to fc prt & COH) end BFLY COH;

**[Twisty Vine 4]** Trng RF on L sd & fwd R to SDCAR DC, fwd L XIF of R trng LF, sd R cont LF trn, bk L XIB of R to BJO DRC (Trng RF on R sd & bk L to SDCAR DRW, bk R XIB of L trng LF, sd L cont LF trn to BJO DW, fwd R XIF of L to BJO DW);

[Sd To Sdcar Fwd Chk] Trng RF on L sd & fwd R to SDCAR DC, -, XLIF of R chkg, - (Trng RF on R sd & bk L to SDCAR, -, XRIB of L chkg, -);  
[Ldy Develop Rec] Hold ldg W to comp develop, -, rec bk R, - (Bring L ft up R leg to insd of R knee extend L ft fwd, -, rec fwd L, -) blend CP COH;

**9-16 TURNING BASIC; FACE WALL; SHOULDER TO SHOULDER WITH ARMS;; FAN; HOCKEY STICK;; FWD BREAK;**

**9-12 [Turning Basic]** Sd L trng upper bdy RF, -, slip bk R trng LF, sd & fwd L trng fc WALL; Sd R, -, fwd L with contra chk action, rec R (Sd & fwd R with upper bdy RF rotation, -, slip fwd L trng LF, bk R comp trn end fcg ptr & COH; Sd L, -, bk R with contra chk action, rec L);

**[Shoulder To Shoulder Twice]** Sd L rel ld hnds trng to BJO DW extend L hnds to sd & up keeping R hnd on W's L shoulder blade, -, XRIF of L, bk R to fc ptr & WALL rel R hnd with L hnd connect with W's R shoulder blade; Sd R trng to SDCAR DRW extend R hnds sd & up, -, XLIF of R, bk R to fc ptr & DRW (Sd R rel ld hnds trng to BJO DRC connect R hnd on M's L shoulder blade extend L hnds sd & up, -, XLIB of R, fwd R to fc ptr & COH rel R hnd; Sd L connect L hnd with M's R shoulder blade, -, trng to SDCAR DC XRIB of L extend R hnd sd & up, fwd L trng to fc ptr & DC) blend to BFLY DRW;

**13-16 [Fan]** Sd L & bk L, -, ld W to step fwd bk R, small sd L fc WALL (Fwd R, -, fwd L, fwd R spiral LF ½ fc RLOD);

**[Hockey Stck]** Small sd R twd RLOD, -, fwd L, rec R; Cl L to R, -, trng RF bk R, fwd L (Bk L to fan POS, -, small bk R, fwd L; Fwd R, -, fwd L, fwd R trng LF under ld hnds to fc ptr & DC);

**[Fwd Break]** Repeat meas 8 of part B;

**PART C1-8**

**1-8 RIGHT SIDE PASS FACE COH; NEW YORKER TO LOD; CROSS BODY LADY IN 4 TO SHADOW WALL; SHADOW FENCE LINE TO REV; SHADOW CRAB WALKS TO LOD;; SHADOW FENCE LINE; LADY RIGHT FACE UNDERARM 2 TO BFLY WALL;**

**END**

**1-8 BASIC;; SHOULDER TO SHOULDER WITH ARMS;; FAN; HOCKEY STICK; OVERTURNED; SPOT TURN REV TO CUDDLE WALL;**

**1-8 [Basic]** Repeat meas 5&6 of Part A;;

**[Shoulder To Shoulder Twice]** Repeat meas 11-12 of Part D;;

**[Fan]** Repeat meas 13 of Part D;

**[Hockey Stck]** Repeat meas 14 & 15 of Part D; overturned on last step;

**[Spot Trn]** Repeat meas 3 of Part B blend to CUDDLE POS FCG WALL;

**9-12 2 SLOW HIP ROCKS; SPOT PIVOT 3; TO REV HIP LIFT; SIDE TO PROMENADE SWAY;**

**9-12 [Hip Rocks]** In CP WALL with upper bdy sway sd rock L (R), -, sd rock R(L), -;

**[Spt Piv]** Sd & bk L start a full RF piv, -, fwd R btwn W's ft cont RF piv, fwd & sd L comp RF trn (Fwd R btwn M's start RF piv, -, bk & sd L cont RF piv, fwd R btwn M's ft comp piv) end fcg ptr & WALL;

**[Hip Lift]** Repeat meas 2 of Part D;

**[Sd To Promenade Swy]** Sd & fwd L blend to SCP joining ld hnds stretching bdy upward looking over jnd ld hnds, -, relax L knee, - (Sd & fwd R blend SCP LOD, -, relax R knee, -);

## HERO 4 Head Cues by: Rey &amp; Sherry Garza

INTRO

- 1-4 FACING PARTNER & WALL HEADS DOWN; LIFT THE LADY'S HEAD; HIP ROCKS SQQ; LUNGE BREAK;

PART A

- 1-8 UNDERARM TURN; TO LARIAT 3 BOTH FACE LINE; SYNC BOLERO WALKS; FWD TO FACE & LUNGE SIDE TO LOD; BFLY BASIC;; LEFT SIDE PASS FACE WALL; REV UNDERARM TURN LOW BFLY;

PART B

- 1-8 SYNCOPATED SWAYS; FENCE LINE TO LOD; SPOT TURN REV; HIP LIFT; AIDA TO REV; AIDA LINE & SWITCH TO FACE; BFLY HIP ROCKS SQQ; FWD BREAK;

PART C

- 1-9 RIGHT SIDE PASS FACE COH; NEW YORKER TO LOD; CROSS BODY LADY IN 4 TO SHADOW WALL; SHADOW FENCE LINE TO REV; SHADOW CRAB WALKS TO LOD;; SHADOW FENCE LINE; LADY RIGHT FACE UNDERARM 2 LEAD HANDS; RIFF TURNS;

PART AMOD

- 1-9 UNDERARM TURN; TO LARIAT 3 BOTH FACE LINE; SYNC BOLERO WALKS; FWD TO FACE & LUNGE SIDE TO LOD; BFLY BASIC;; LEFT SIDE PASS FACE WALL; OPEN BREAK;

PART C

- 1-9 RIGHT SIDE PASS FACE COH; NEW YORKER TO LOD; CROSS BODY LADY IN 4 TO SHADOW WALL; SHADOW FENCE LINE TO REV; SHADOW CRAB WALKS TO LOD;; SHADOW FENCE LINE; LADY RIGHT FACE UNDERARM 2 LEAD HANDS; RIFF TURNS;

PART D

- 1-8 UNDERARM TURN; CP TO REV HIP LIFT; TURNING BASIC WITH; OPEN BREAK TO BFLY COH; OPENING OUT INTO; TWISTY VINE 4 TO LOD; SLOW SIDE TO SIDECAR FWD CHECK; LADY DEVELOPE & RECOVER TO CP COH;
- 9-16 TURNING BASIC; FACE WALL; SHOULDER TO SHOULDER WITH ARMS;; FAN; HOCKEY STICK;; FWD BREAK;

PART C1-8

- 1-8 RIGHT SIDE PASS FACE COH; NEW YORKER TO LOD; CROSS BODY LADY IN 4 TO SHADOW WALL; SHADOW FENCE LINE TO REV; SHADOW CRAB WALKS TO LOD;; SHADOW FENCE LINE; LADY RIGHT FACE UNDERARM 2 TO BFLY;

END

- 1-8 BASIC;; SHOULDER TO SHOULDER WITH ARMS;; FAN; HOCKEY STICK; OVERTURNED; SPOT TURN TO CUDDLE WALL;
- 9-12 2 SLOW HIP ROCKS; SPOT PIVOT 3; TO REV HIP LIFT; SIDE TO PROMENADE SWAY;