42 Below

Count: 96 **Wall:** 2 **Level:** Intermediate Phrased
Choreographer: Kevin Formosa (AUS) & Claire Hall (AUS) - October 2026
Music: Heroine - Maroon 5

Please note there is an explicit version, we have used the non-explicit version of this song.
SEQUENCE: A A(1-24) TAG B A A(1-24) TAG B B(33-64)
See bottom of sheet for more info.

PART A – 32 COUNTS
[1-8] S1: SIDE, HOLD, TOGETHER, SIDE, POINT, ¾ ROLLING TURN, ¼ CHASSE

1-2	Step R to R (1), hold (2)
&3-4	Step L to R (&), step R to R (3), point L to L, opening shoulders to 1:30 (4)
5-6	¼ L stepping L fwd (5), ½ L stepping R back (6) (3:00)
7&8	¼ L stepping L to L (7), step R to L (&), step L to L (8) (12:00)

[9-16] S2: ⅛ FWD ROCK/REC, BALL HEEL, HOLD, & TOUCH & HEEL & FWD, SWIVEL

1-2	⅛ L rocking R fwd (1), recover on L (2)* (10:30)
&3-4	Step back on R (&), tap L heel fwd (3), hold (4)
&5&6	Step L to R (&), tap R to L (5), step back on R (&), tap L heel fwd (6)
&7&8	Step L to R (&), step R fwd (7), swivel both heels R (&), swivel both heels back to L (8)

***Styling option – Body roll on fwd rock, from shoulders to hips.**

[17-24] S3: FWD, ¼, ¼ SAILOR, FWD, FULL SPIRAL R, LOCK SHUFFLE FWD

1-2	Step fwd L (1), ¼ L stepping R to R (2) (7:30)
3&4	Cross L behind R (3), ¼ L stepping R to R (&), step L fwd (4) (4:30)
5-6	Step R fwd (5), full spiral R stepping L fwd while hooking R over L (6) (4:30)
7&8	Step R fwd (7), lock L behind R (&), step R fwd (8)*

***Tag occurs here on wall 2 & 5 facing 12:00**

[25-32] S4: ⅛ SIDE, HOLD, TOGETHER, SIDE, TOUCH, SIDE, BEHIND, SIDE, CROSS SHUFFLE

1-2	⅛ R stepping L to L (1), hold (2) (6:00)
&3-4	Step R to L (&), step L to L (3), touch R to L (4)
5-6&	Step R to R (6), step L behind R (6), step R to R (&)
7&8	Cross L over R (7), step R to R (&), cross L over R (8)

TAG – 8 COUNTS. Occurs on wall 2 & 5 facing 12:00.
Complete 24 counts of A, and add:
⅛ R By stepping L to L, 7 heel bounces while slowly circling hips counterclockwise, finishing with weight on R.

1-4	⅛ R by stepping L to L (1), bounce heels (2), bounce heels (3), bounce heels (4) (12:00)
5-8	Bounce heels (5), bounce heels (6), bounce heels (7), bounce heels transferring weight onto R (8)

PART B – 64 COUNTS. Always occurs facing 12:00.
[1-9] S1: WALK, WALK, WALK, LOCK SHUFFLE FWD, ½ PIVOT, ½ LOCK SHUFFLE

1-3	Step L fwd (1), step R fwd (2), step L fwd (3)
4&5	Step R fwd (4), lock L behind R (&), step R fwd (5)
6-7	Step L fwd (6), ½ R pivot stepping R fwd (7) (6:00)
8&1	½ R stepping L back (8), lock R across L (&) step back on L (1) (12:00)

[10-16] S2: POP/SIT, POINT, SAILOR STEP, CROSS, SIDE, TOUCH, ¾ UNWIND

2-3	Step back R while popping L knee fwd (2)*, point L to L (3)
4&5	Cross L behind F (4), step R to R (&), step L in place (5)

6&7	Cross R over L (6), step L to L (&), touch R toes behind L (7)
8	¾ unwind R transferring weight to R (8) (9:00)

***Styling option – click hands down to side to really hit the beat in the music**

[17-24] S3: CAMEL WALKS x 2, KICK OUT OUT, FWD ROCK/REC, BACK TOUCH x 2

1-2	Step L fwd while popping R knee (1), step R fwd while popping L knee (2)
3&4	Kick L fwd (3), step L to L (&), step R to R (4)
5-6	Rock L fwd (5), recover on R (6)
&7&8	Step back on L (&), touch R to L (7), step back on R (&), touch L to R (8)

[25-32] S4: ¼, ½ SWEEP, BEHIND, SIDE, CROSS, GROOVE RL, HEEL TOE HEEL SWIVELS

1-2	¼ L stepping L fwd (1), ½ L stepping R back while sweeping L front to back (2) (12:00)
3&4	Step L behind R (3), step R to R (&), cross L over R (4)
5-6	Step R to R while swaying upper body R (6), sway upper body L while transferring weight to L (7)
7&8	Swivel R heel in (7), swivel R toe in (&), swivel R heel in while keeping weight on L (8)

[33-40] S5: SAMBA, CROSS, ¼, ¼ DOROTHY, DOROTHY

1&2	Cross R over L (1), rock L to L (&), recover on R (2)
3-4	Cross L over R (3), ¼ L stepping R back (4) (9:00)
5-6&	¼ L stepping L fwd on diagonal (5), lock R behind L (6), step L fwd on diagonal (&) (6:00)
7-8&	Step R fwd on diagonal (7), lock L behind R (6), step R fwd on diagonal (&)

[41-48] S6: SIDE, BEHIND HITCH, BEHIND, SIDE, CROSS, SIDE ROCK/REC, TOGETHER, SIDE ROCK/REC

1-2	Step L to L (1), step R behind while hitching L front to back (2)
3&4	Step L behind R (3), step R to R (&), cross L over R (4)
5-6&	Rock R to R while lifting L toe, slight turn to 7:30 (5), recover on L while straightening back to 6:00 (6), step R ball to L (&)*
7-8	Rock L to L while lifting R toe, slight turn to 4:30 (7), recover on R while straightening back to 6:00 (8)*

***Styling Option: Swing arms backwards on rocks.**

[49-56] S7: SAILOR STEP, ½ SAILOR, BALL CROSS, HOLD, SIDE, CROSS SHUFFLE

1&2	Cross L behind R (1), step R to R (&), step L in place (2)
3&4	½ R crossing R behind L (3), step L to L (&), step R in place (4) (12:00)
&5-6	Step on ball of L (&), cross R over L (5), hold (6)
&7&8	Step L to L (&), cross R over L (7), step L to L (&), cross R over L (8)

[57-64] S8: ⅛ FWD ROCK/PUSH, BACK HEEL DRAG, BACK, ½ FWD, FWD, ⅜ L CURVE WALK

1-2	⅛ L rocking L fwd (1), recover/big step back on R while dragging L heel to R (2) (10:30)
3&4	Step L back (3), ½ R stepping R fwd (&), step L fwd (4) (4:30)
5-6	Step R fwd (5), ⅛ L stepping L fwd (6) (3:00)
7-8	⅛ L stepping R fwd (7), ⅛ L stepping L fwd (8) (12:00)

A – Occurs twice facing 12:00
A (1-24) – Occurs twice facing 6:00
TAG – Occurs twice facing 12:00
B – Occurs twice facing 12:00
B (33-64) – Occurs once facing 12:00

Have fun with it and add your own flair! Tag @flairwithclaire & @formoka06 on socials.

Happy dancing!