

Everyone Needs A Hero

64 count, 2 wall, easy intermediate level

Choreographer: Roy Verdonk, Grace David & Jef Camps, January 2023

Choreographed to: "Holding Out For A Hero" by Adam Lambert, Intro: 16 counts after beat kicks in

Section 1 Scuff, Out-Out, Knee Swivel, Kick-Ball-Cross, Side Rock

- 1&2 RF scuff forward, RF step out, LF step out
- 3-4 Twist R-knee in, twist R knee out (weight stays on LF)
- 5&6 RF kick in R diagonal, RF close on ball next to LF, LF cross over RF
- 7-8 RF rock side, recover

Section 2 Cross, 1/4 Back, 1/2 Leg Swing, Step Forward, 1/4 Pivot, Cross Samba

- 1-2 RF cross over LF, 1/4 turn R & LF step back (3:00)
- 3-4 Swing RF in the air while making 1/2 turn R on LF, RF step forward (9:00)
- 5-6 LF step forward, make 1/4 turn R putting weight on RF (12:00)
- 7&8 LF cross over RF, RF step side, LF step side (slightly travelling forward)

Section 3 Rock Step, 1/4 Toe Strut, Rock Step, Full Turn Back

- 1-2 RF rock forward, recover on LF
- 3-4 1/4 Turn R & RF step side on toes, RF drop heel down (3:00)
- 5-6 LF rock forward, recover on RF
- 7-8 1/2 turn L & LF step forward, 1/2 turn L & RF step back (3:00)

Section 4 Coaster Step, Walk R-L, 1/4 Slide, Drag, 1/8 Sailor Step

- 1&2 LF step back, RF close next to LF, LF step forward
- 3-4 RF walk forward, LF walk forward
- 5-6 1/4 turn L & RF big step side, LF drag towards RF (12:00)
- 7&8 LF cross behind RF, RF step side, 1/8 turn L & LF step forward (10:30)

Section 5 Step Forward, 1/2 Pivot, 1/2 Shuffle Back, Walks Back, Coaster Step

- 1-2 RF step forward, make 1/2 turn L putting weight on LF (4:30)
- 3&4 1/2 turn L & RF step back, LF close next to RF, RF step back (10:30)
- 5-6 LF walk back, RF walk back (optional styling: swivel while walking back)
- 7&8 LF step back, RF close next to LF, LF step forward

Section 6 Heel Grind, 1/8 Side, Behind-Side-Cross, Slide, Drag, Kick-Ball-Cross

- 1-2 RF step forward on heel, make 1/8 turn on R heel & LF step side (12:00)
- 3&4 RF cross behind LF, LF step side, RF cross over LF
- 5-6 LF large step side, RF drag towards LF
- 7&8 RF kick in R diagonal, RF close on ball next to LF, LF cross over RF

Section 7 2x 1/4 Monterey Turn

- 1-2 RF point side, 1/4 turn R & RF close next to LF (3:00)
- 3-4 LF point side, LF close next to RF
- 5-6 RF point side, 1/4 turn R & RF close next to LF (6:00)
- 7-8 LF point side, LF close next to RF

Section 8 Diagonal Rock Step, Behind-Side-Cross, Diagonal Rock Step, Coaster Step

- 1-2 RF rock in R diagonal, recover on LF
- 3&4 RF cross behind LF, LF step side, RF cross over LF
- 5-6 LF rock in L diagonal, recover on RF
- 7&8 LF step back, RF close next to LF, LF step forward

Tags *After wall 2 (12:00) 8 counts, wall 3 (6:00) first 4 counts, wall 4 (12:00) first 4 counts*
Step 1/2 Turn, Step 1/2 Turn, V-Step

- 1-2 *RF step forward, make 1/2 turn L putting weight on LF*
- 3-4 *RF step forward, make 1/2 turn L putting weight on LF*
- 5-6 *RF step diagonally R forward, LF step diagonally L forward*
- 7-8 *RF step back into center, LF close next to RF*

Quelle:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA, www.linedancerweb.com