

“Country Linedancer”



Everyone Needs a Hero

Choreographie: Roy Verdonk (NL), Grace David (KOR) & Jef Camps (BEL) - January 2023

Musik: **Holding Out for a Hero** - Adam Lambert

Count: 64 **Wand:** 2 **Ebene:** Easy Intermediate

Quelle: **COPPER KNOB**

Intro: 16 counts after beat kicks in.

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

- 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, ¼ Back, ½ Leg Swing, Step Forward, ¼ Pivot, Cross Samba

- 1-2 RF cross over LF, ¼ turn R & LF step back 3:00
- 3-4 Swing RF in the air while making ½ turn R on LF, RF step forward 9:00
- 5-6 LF step forward, make ¼ 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 Forward/Recover, ¼ Toe Strut, Rock Forward/Recover, Full Turn Back

- 1-2 RF rock forward, recover on LF
- 3-4 ¼ Turn R & RF step side on toes, RF drop heel down - 3:00
- 5-6 LF rock forward, recover on RF
- 7-8 ½ turn L & LF step forward, ½ turn L & RF step back - 3:00

Section 4: Coaster Step, Walk R-L, ¼ 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 ¼ 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, ½ Pivot, ½ Shuffle Back, Walks Back, Coaster Step

- 1-2 RF step forward, make ½ turn L putting weight on LF 4:30
- 3&4 ½ 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

b.w.

Für Fehler in der Übersetzung, dem Inhalt, der Rechtschreibung u.ä. gibt es keine Gewähr!

Und lächeln nicht vergessen, denn Tanzen macht Spaß!

Eure Silvia von den Country Linedancern

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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: 2 x ¼ Monterey Turn

- 1-2 RF point side, ¼ turn R & RF close next to LF 3:00
- 3-4 LF point side, LF close next to RF
- 5-6 RF point side, ¼ turn R & RF close next to LF 6:00
- 7-8 LF point side, LF close next to RF

Section 8: Diagonal Rock/Recover, Behind-Side-Cross, Diagonal Rock/Recover, 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

EXTRA'S

Tags: After wall 2 (8c - 12:00), wall 3 (only first 4c - 6:00) and wall 4 (only first 4c- 12:00)

- 1-2 RF step forward, make ½ turn L putting weight on LF
- 3-4 RF step forward, make ½ 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

