## Everyone Needs a Hero EZ

Count: 64
Wand: 4
Ebene: Easy Beginner / Beginner
Choreograf/in: Nat Davids (SA) - March 2023
Musik: Holding Out for a Hero - Adam Lambert


Intro: 16 counts after heavy beat kicks in
Note that the dance has been labelled Easy Beg/Beginner, because of the length \& tags..
SECTION 1: VINE RIGHT \& TOUCH, VINE LEFT \& TOUCH
12 Step RF to right side. Step LF behind RF.
34 Step LF to left side. Touch LF next to RF
$56 \quad$ Step LF to left side. Step RF behind LF.
78 Step LF to left side. Touch RF next to LF
SECTION 2: K-STEP WITH CLAPS

| 12 | Step RF Diagonal fwd touch LF next to RF, clap. |
| :--- | :--- |
| 34 | Step LF Diagonal BACK touch RF next to LF clap |
| 56 | Step RF Diagonal back, touch LF next to RF clap |
| 78 | Step LF Diagonal fwd, touch RF next to LF clap |

SECTION 3: POINT SIDE, FRONT, SIDE \& FLICK, VINE RIGHT \& TOUCH
12 Point RF to Right side, Point RF fwd,
$34 \quad$ Point RF to Right Side, Flick RF behind left leg.
56 Step RF to right side. Step LF behind RF.
78 Step LF to left side. Touch LF next to RF
SECTION 4: POINT SIDE, FRONT, SIDE \& FLICK, VINE LEFT \& TOUCH
12 Point LF to Left side, Point LF fwd,
34 Point LF to Left Side, Flick LF behind right leg
56 Step LF to left side. Step RF behind LF .
78 Step LF to left side. Touch RF next to LF
SECTION 5: ROCK R FORWARD RECOVER, SHUFFLE BACK, ROCK L BACK RECOVER, SHUFFLE FORWARD
12 Rock RF fwd, recover onto LF,
34 Step RF back, step LF next to RF, Step RF back
56 Rock LF back, recover on to RF,
78 Step LF fwd, step RF next to LF, step LF fwd
SECTION 6: MONTEREY $1 / 4$ TURN, MONTEREY $1 / 4$ TURN
12 Point RF to right side, turn $1 / 4$ right with weight on left, place RF next to LF
3 \& $4 \quad$ Point LF to left side, step LF next to RF
56 Point RF to right side, turn $1 / 4$ right with weight on left, place RF next to LF
7 \& $8 \quad$ Point LF to left side, step LF next to RF
SECTION 7: ROCK R FORWARD RECOVER, SHUFFLE BACK, ROCK L BACK RECOVER, SHUFFLE FORWARD
12 Rock RF fwd, recover onto LF,
3 \& 4 Step RF back, step LF next to RF, Step RF back
56 Rock LF back, recover on to RF,
7 \& 8 Step LF fwd, step RF next to LF, step LF fwd
SECTION 8: MODIFIED MONTEREY ¼ TURN, ROCK RECOVER, CROSS, HOLD

## TAGS

End Wall 2: ROCKING CHAIR X 2-8 COUNTS
1-8 Rock Right fwd, Recover, Rock Right Back Recover. Rock Right fwd, Recover, Rock Right Back Recover

END WALL 3: ROCKING CHAIR X 1-4 COUNTS
1234 Rock Right fwd, Recover, Rock Right Back Recover
END WALL 4-ROCKING CHAIR X 1-4 COUNTS
1234 Rock Right fwd, Recover, Rock Right Back Recover

