

Hero

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Linda Sansoucy (CAN) - February 2009

Musik: Holdin' Out for a Hero - Wenche



Intro : 24 counts

[1-8] Step ¼ Turn Right, Hold & Clap, Step Back ½ Turn Right, Hold & Clap, Coaster Step, Scuff

- 1-2 Step right ¼ turn right, Hold & Clap 3 :00
- 3-4 Step left back ½ turn right (weight ends up on left), Hold & Clap 9 :00
- 5-6-7 Step right back, Step left together, Step right forward
- 8 Scuff left

[9-16] Lock Step Forward, Hold, Step Forward, Pivot ¼ Turn Left, Stomp, Hold

- 1-2-3 Step left forward, Lock right behind left, Step left forward
- 4 Hold
- 5-6 Step right forward, Turn ¼ left 6 :00
- 7 Stomp right next to left
- 8 Hold

[17-24] Heel & Toe Swivels Left, Heel Swivel ¼ Turn Right, Hold, Toe Struts Back (twice)

- 1-2 Swivel heels to the left, Swivel toes to the left
- 3-4 Swivel heels ¼ turn right, Hold 9 :00
- 5-6 Touch right toe back, Step down on right
- 7-8 Touch left toe back, Step down on left

[25-32] Coaster Step, Scuff, Lock Step Forward, Hold

- 1-2-3 Step right back, Step left together, Step right forward
- 4 Left Scuff
- 5-6-7 Step left forward, Lock right behind left, Step left forward
- 8 Hold

Repeat!!

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