

Hero

Count: 32

Wall: 4

Level: Intermediate - Country NC

Choreographer: Linda McCormack (UK) - May 2013

Music: Holding Out for a Hero - Ella Mae Bowen : (Album: Footloose 2011 Soundtrack)



Please ensure the music is the version from the album:- the one at 5.20 minutes long, as there is a shorter one.

Count in: 16 count intro, starting on the main lyrics.

Notes: 1 restart on wall 3, restart after count 16 (facing 6 o'clock.)

[1-9] Basic nightclub x 2 (R, L) side, behind, ¼, 2 ½ turn pivots.

- 1,2& Step RF to R side, close LF to RF, step RF across LF (1,2&);
- 3,4& Step LF to L side, close RF to LF, step LF across RF (3,4&);
- 5,6& Step RF to R side (5); cross LF behind RF (6); ¼ turn R stepping forward on the RF to face 3pm (&);
- 7& Step forward on the LF (7); pivot ½ turn to face 9pm (&);
- 8&1 Step forward on the LF (8); pivot ½ turn to face back to 3pm (&); step forward on the LF (1);

[10-17] Forward, rock, recover, back, 3/8th step, L rock, recover, step, R rock, recover, back, ½ turn step, sweep.

- 2,3&4& Step forward on RF (2); rock forward on the LF (3); recover weight back onto RF (&); step back on the LF (4); turning 3/8th over the R shoulder (to face 6.30pm) step forward on the RF (&);
- 5,6& Rock forward on the LF (5); recover weight back onto RF (6); step LF to L side, straightening upto the 6pm wall (&);
- 7&8&1 Rocking forward with the RF 1/8th over the L shoulder into the 4.30pm diagonal (7); recover weight back onto the LF (&); step back on the RF (8); turn ½ turn over the L shoulder into opposite diagonal, stepping forward on the LF, facing 10.30pm (&); sweep the RF round turning 3/8th back round to the 6pm wall (1);

[18-26] Cross, step, behind sweep, behind, step, cross, 2 x sways, ¼ rolling full turn.

- 2&3& From a continuation of the sweep cross the RF over the LF (2); step the RF to the R side (&); cross RF behind LF (3); sweep LF around to back (&);
- 4&5 From a continuation of the sweep cross the LF behind the RF (4); step RF to R side (&); cross LF over RF (5);
- 6,7 Step RF to R side and sway (6); sway to the L side taking the weight on the LF (7);
- 8&1 Rolling full turn, over the R shoulder (starting off with ¼ turn R stepping on the RF, finishing off with weight forward on the RF) (8&1);

[27-32&] Rock and touch, ½ pivot, unwind full turn sweep, cross step forward, rock and half.

- 2&3 Rock forward on the LF (2); recover weight back onto the RF (&); touch the LF back (3);
- 4,5 Pivot ½ turn over the L shoulder, taking the weight forward onto the LF (4); Full turn unwind and sweep, over the R shoulder (back on yourself) (5);
- 6&7 Cross RF behind LF (6); step LF to L side (&); step forward on the RF (7);
- 8&8 Rock forward on the LF (&); recover weight back onto the RF (8); ½ turn over the L shoulder, stepping forward on the LF, facing 9pm (&);

Restart

During 3rd wall, dance wall up to count 16 (instead of facing the diagonal 4.30pm, face 6pm- back wall) weight will be on left foot ready to start dance of again on R foot.

Contact: lindamccormack@live.com

