

Holding Out For A Hero

COPPER KNOB
ART OF MOVEMENT

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Adeline Cheng (Malaysia) & David Hoyn (Australia) March 2014

Music: Holding Out For A Hero by Bonnie Tyler (Album: Greatest Hits)



Start: On Vocals on words "Where All The Good Men Gone"

(1-8) Touch Right Front, Touch Right Side, Right Coaster Step, Touch Left Front, Touch Left Side, Left Coaster Step

- 1, 2 Touch Right Toe Fwd, Touch Right Toe To Right Side
- 3&4 Step Right Back, Step Left Beside Right & Step Right Fwd
- 5, 6 Touch Left Toe Fwd, Touch Left Toe To Left Side
- 7&8 Step Left Back, Step Right Beside Left & Step Left Fwd

(9-16) Step Right ½ Turn Left, Shuffle Forward Right, Step Left ½ turn Right, Step Left ½ Turn Right

- 1,2 Step Right Forward, Turn ½ Turn Left Weight On Left,
- 3&4 Step Forward on Right, Step Left next to Right, Step Forward on Right (Shuffle)
- 5, 6 Step Left Forward, Turn ½ Turn Right Weight on Right, (12 O'clock)
- 7, 8 Step Left Forward, Turn ½ Turn Right Weight On Right, (6 O'clock)

(17-24) Rock Forward On Left, Rock Back On Right, ½ Turn Left Shuffle, Touch Right Toe Forward @ 45deg Right & Hich Right Knee, Right Behind, Left To Side, Right Cross Over Left.

- 1, 2 Rock Forward Onto Left, Rock Back Onto Right
- 3, 4 ½ Turn Left, Step Left Forward, Step Right beside Left, Step Left Forward (Shuffle)
- 5, 6 Touch Right Toe Forward at 45deg Right, Right Forward Hitch
- 7&8 Step Right Behind Left, & Step Left To Left Side, Right Over Left, (12 O'clock)

(25-32) Turning 1 & ¼ Turn To Left, Touch Right Next To Left, Step Right Forward, Touch Left Beside Right, Step Forward Left, Touch Right Beside Left,

- 1, 2 Make ¼ Turn Left Step Forward On Left, Make ½ Turn Left Step Back On Right
- 3, 4 Make ½ Turn Left Step Forward On Left, Touch Right Next To Left, (9 O'clock)
- 5, 6 Step Forward On Right, Touch Left Beside Right
- 7, 8 Step Forward On Left, Touch Right beside left

Tag 1: End Of Wall 7 (3 O'clock) Add Two Right Kick Ball Changes

Tag 2: End Of Wall 9 (9 O'clock) Add Two Right Kick Ball Changes

Tag 3: End Of Wall 14 (6 O'clock) Add Two Right Kick Ball Changes

Dance all the way till the song ends and you'll finish at the front wall

Start Again

We Hope You All Enjoy The Dance

See You All On The Dance Floor

Contact: adelinec@nulinedance.com davidh@nulinedance.com (Nuline dance)