## Holding out for A Hero

Count: 32
Wall: 4
Level: Easy Improver
Choreographer: Judy Rodgers (USA) - February 2023
Music: Holding Out for a Hero - Adam Lambert
\#16 count intro after beat kicks in (about 22 seconds in)

S1: Back toe struts R, L, shuffle, rock recover

| $1-4$ | Step $R$ toe back, step down $R$, step $L$ toe back, step down $L$ |
| :--- | :--- |
| $5 \& 6$ | Shuffle back $R L R$ |
| $7-8$ | Rock $L$ back, recover $R$ |

S2: Side rock, cross shuffle, turn 1/4 L, turn 1/4 L, shuffle

| $1-2$ | Rock $L$ to left side, recover $R$ |
| :--- | :--- |
| $3 \& 4$ | Cross $L$ over $R$, step $R$ to right side, cross $L$ over $R$ |
| $5-6$ | Turn $1 / 4$ left step $R$ back, turn 1/4 left step $L$ to left side 6:00 |
| $7 \& 8$ | Shuffle fwd $R L R$ |

S3: Weave R, cross rock, shuffle turn 1/4 L

| $1-4$ | Cross $L$ over $R$, step $R$ to right side, step $L$ behind $R$, step $R$ to right side |
| :--- | :--- |
| $5-6$ | Cross $L$ over $R$, recover $R$ |
| $7 \& 8$ | Turn $1 / 4$ left shuffle left $L R L 3: 00$ |

S4: Monterey turn $1 / 4 \mathrm{R}$, jazz box turn $1 / 4 \mathrm{R}$
1-2 Point $R$ to right side, turn 1/4 right step $R$ beside L 6:00
3-4 Point $L$ to left side, step $L$ beside $R$
5-8 Cross $R$ over $L$, turn 1/4 right step $L$ back, step $R$ to right side, step $L$ fwd 9:00

Tag 1: At end of Wall 4 facing 12:00, add following 8 counts:
Rock recover, coaster step, walk walk, mambo step
1-2 Rock R fwd, recover L
3\&4 Step $R$ back, step $L$ beside $R$, step $R$ fwd
5-6 Walk fwd L, R
7\&8 Rock L fwd, recover R, step L beside $R$
Tag 2 \& 3: At end of Wall 6 and Wall 8, add following 4 count tag:
Out out in in

| $1-2$ | Step $R$ fwd to right diagonal, step $L$ fwd to left diagonal |
| :--- | :--- |
| $3-4$ | Step $R$ back to center, step $L$ beside $R$ |

