

Hercules vs Superman

Count: 64

Wall: 4

Level: Improver

Choreographer: Melissa Lau (NZ) - March 2023

Music: Holding Out for a Hero - Adam Lambert



Dance can be done to 3 options:

(1) 32-count Hercules sequence, or

(2) 32-count Superman sequence, or

(3) 64-count Hercules & Superman sequences (Hercules start front and back walls;
(Superman start side walls)

Intro: 16 counts after beat kicks in (approx. 20 seconds in)

Hercules Sequence:

MONTEREY ¼ TURN, V-STEP

- 1, 2 Point R to side, ¼ turn right stepping R next to L taking the weight onto R (3:00)
- 3, 4 Point L to side, step L next to R
- 5, 6 Step R diagonal fwd, step L diagonal fwd
- 7, 8 Step R back to centre, step L next to R

SIDE TOUCH x2, MONTEREY ¼ TURN

- 1, 2, 3, 4 Step R to side, tap L toe next to R, step L to side, tap R toe next to L
- 5, 6 Point R to side, ¼ turn right stepping R next to L taking the weight onto R (6:00)
- 7, 8 Point L to side, step L next to R

FWD SHUFFLE, ½ RIGHT PIVOT, FWD SHUFFLE, ¼ LEFT PIVOT

- 1&2 Step R fwd, step L next to R, step R fwd
- 3, 4 Step L fwd, pivot ½ turn right transferring weight onto R (12:00)
- 5&6 Step L fwd, step R next to L, step L fwd
- 7, 8 Step R fwd, pivot ¼ turn left transferring weight onto L (9:00)

JAZZ BOX-FWD, 2x KICK-BALL-CHANGE

- 1, 2, 3, 4 Cross R over L, step L back, step R to side, step L fwd
- 5&6 Kick R fwd, step R on ball of foot next to L, step L next to R
- 7&8 Kick R fwd, step R on ball of foot next to L, step L next to R

Superman Sequence:

WALK R-L-R, HITCH, 2x BACK-HITCH

- 1, 2, 3, 4 Step R fwd, step L fwd, step R fwd, hitch L knee (12:00)
- 5, 6, 7, 8 Step L back, hitch R knee, step R back, hitch L knee

VINE ¼ LEFT TURN, BRUSH, ROCKING CHAIR

- 1, 2, 3, 4 Step L to side, step R behind, turn ¼ left stepping L fwd (9:00), brush R fwd
- 5, 6, 7, 8 Rock R fwd, recover weight on L, rock R back, recover weight on L

SIDE STRUT, 3x TURN STRUT

- 1, 2 Touch R toe to side, drop heel to take weight
- 3, 4 Turn ½ right and touch L toe to side (3:00), drop heel to take weight
- 5, 6 Turn ½ left and touch R toe to side (9:00), drop heel to take weight,
- 7, 8 Turn ½ right and touch left toe to side (3:00), drop heel to take weight

PADDLE TURN x2, JAZZ BOX-FWD

- 1, 2 Step R fwd, pivot ¼ turn left transferring weight onto L (12:00)

3, 4 Step R fwd, pivot $\frac{1}{4}$ turn left transferring weight onto L (9:00)
5, 6, 7, 8 Cross R over L, step L back, step R to side, step L fwd

*** TAG #1: 8-count Tag at the end of wall 4 (12:00)**

FWD POINT, STEP TOGETHER (x 4)

1, 2, 3, 4 Point R fwd, step R back next to L, point L fwd, step L back next to R
5, 6, 7, 8 Point R fwd, step R back next to L, point L fwd, step L back next to R

*** TAG #2: 4-count Tag at the end of walls 6 (6:00) and 8 (12:00)**

FWD POINT, STEP TOGETHER (x 2)

1, 2, 3, 4 Point R fwd, step R back next to L, point L fwd, step L back next to R

*** ENDING: finish off with a MONTEREY $\frac{1}{2}$ TURN RIGHT (instead of $\frac{1}{4}$) to face the front**

1, 2, 3 Point R to side, $\frac{1}{2}$ turn right stepping R next to L taking the weight onto R, point L to side
