## Everyone Needs a Hero

Compte: 64
Mur: 2
Niveau: Easy Intermediate
Chorégraphe: Roy Verdonk (NL), Grace David (KOR) \& Jef Camps (BEL) - January 2023
Musique: Holding Out for a Hero - Adam Lambert

Intro:16 counts after beat kicks in

Section 1: Scuff, Out-Out, Knee Swivel, Kick-Ball-Cross, Side Rock/Recover<br>1\&2 RF scuff forward, RF step out, LF step out<br>3-4 Twist R-knee in, twist $R$ knee out (weight stays on LF)<br>5\&6 RF kick in R diagonal, RF close on ball next to LF, LF cross over RF<br>7-8 RF rock side, recover

Section 2: Cross, $1 / 4$ Back, $1 / 2$ Leg Swing, Step Forward, $1 / 4$ Pivot, Cross Samba
1-2 RF cross over LF, $1 / 4$ turn R \& LF step back 3:00
3-4 Swing RF in the air while making $1 / 2$ turn $R$ on LF, RF step forward 9:00
5-6 LF step forward, make $1 / 4$ turn $R$ putting weight on RF 12:00
7\&8 LF cross over RF, RF step side, LF step side (slightly travelling forward)

## Section 3: Rock Forward/Recover, $1 / 4$ Toe Strut, Rock Forward/Recover, Full Turn Back

1-2 RF rock forward, recover on LF
3-4 $\quad 1 / 4$ Turn R \& RF step side on toes, RF drop heel down - 3:00
5-6 LF rock forward, recover on RF
7-8 $\quad 1 / 2$ turn $L$ \& LF step forward, $1 / 2$ turn L \& RF step back - 3:00
Section 4: Coaster Step, Walk R-L, $1 / 4$ Slide, Drag, $1 / 8$ Sailor Step
1\&2 LF step back, RF close next to LF, LF step forward
3-4 RF walk forward, LF walk forward
5-6 $\quad 1 / 4$ turn L \& RF big step side, LF drag towards RF 12:00
7\&8 LF cross behind RF, RF step side, 1/8 turn L \& LF step forward 10:30
Section 5: Step Forward, $1 / 2$ Pivot, $1 / 2$ Shuffle Back, Walks Back, Coaster Step
1-2 RF step forward, make $1 / 2$ turn $L$ putting weight on LF 4:30
3\&4 $\quad 1 / 2$ turn L \& RF step back, LF close next to RF, RF step back 10:30
5-6 LF walk back, RF walk back (optional styling: swivel while walking back)
7\&8 LF step back, RF close next to LF, LF step forward
Section 6: Heel Grind, $1 / 8$ Side, Behind-Side-Cross, Slide, Drag, Kick-Ball-Cross
1-2 RF step forward on heel, make 1/8 turn on $R$ heel \& LF step side 12:00
3\&4 RF cross behind LF, LF step side, RF cross over LF
5-6 LF large step side, RF drag towards LF
7\&8 RF kick in R diagonal, RF close on ball next to LF, LF cross over RF
Section 7: $2 \times 1 / 4$ Monterey Turn
1-2 RF point side, $1 / 4$ turn R \& RF close next to LF 3:00
3-4 LF point side, LF close next to RF
5-6 RF point side, $1 / 4$ turn R \& RF close next to LF 6:00
7-8 LF point side, LF close next to RF

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## EXTRA'S

Tags: After wall 2 ( $8 \mathrm{c}-12: 00$ ), wall 3 (only first 4c-6:00) and wall 4 (only first 4c-12:00)
1-2 RF step forward, make $1 / 2$ turn $L$ putting weight on LF
3-4 RF step forward, make $1 / 2$ turn $L$ putting weight on $L F$
5-6 $\quad R F$ step diagonally $R$ forward, LF step diagonally $L$ forward
7-8 RF step back into center, LF close next to RF
EVERYONE NEEDS A HERO


[^0]:    Section 8: Diagonal Rock/Recover, Behind-Side-Cross, Diagonal Rock/Recover, Coaster Step
    1-2 $\quad R F$ rock in $R$ diagonal, recover on $L F$
    3\&4 RF cross behind LF, LF step side, RF cross over LF

