

# Everyone Needs a Hero EZ

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Easy Beginner / Beginner  
编舞者: Nat Davids (SA) - March 2023  
音乐: Holding Out for a Hero - Adam Lambert



Intro: 16 counts after heavy beat kicks in

Note that the dance has been labelled Easy Beg/Beginner, because of the length & tags..

## SECTION 1: VINE RIGHT & TOUCH, VINE LEFT & TOUCH

1 2      Step RF to right side. Step LF behind RF.  
3 4      Step LF to left side. Touch LF next to RF  
5 6      Step LF to left side. Step RF behind LF.  
7 8      Step LF to left side. Touch RF next to LF

## SECTION 2: K-STEP WITH CLAPS

1 2      Step RF Diagonal fwd touch LF next to RF, clap.  
3 4      Step LF Diagonal BACK touch RF next to LF clap  
5 6      Step RF Diagonal back, touch LF next to RF clap  
7 8      Step LF Diagonal fwd, touch RF next to LF clap

## SECTION 3: POINT SIDE, FRONT, SIDE & FLICK, VINE RIGHT & TOUCH

1 2      Point RF to Right side, Point RF fwd,  
3 4      Point RF to Right Side, Flick RF behind left leg.  
5 6      Step RF to right side. Step LF behind RF.  
7 8      Step LF to left side. Touch LF next to RF

## SECTION 4: POINT SIDE, FRONT, SIDE & FLICK, VINE LEFT & TOUCH

1 2      Point LF to Left side, Point LF fwd,  
3 4      Point LF to Left Side, Flick LF behind right leg  
5 6      Step LF to left side. Step RF behind LF.  
7 8      Step LF to left side. Touch RF next to LF

## SECTION 5: ROCK R FORWARD RECOVER, SHUFFLE BACK, ROCK L BACK RECOVER, SHUFFLE FORWARD

1 2      Rock RF fwd, recover onto LF,  
3 4      Step RF back, step LF next to RF, Step RF back  
5 6      Rock LF back, recover on to RF,  
7 8      Step LF fwd, step RF next to LF, step LF fwd

## SECTION 6: MONTEREY ¼ TURN, MONTEREY ¼ TURN

1 2      Point RF to right side, turn ¼ right with weight on left, place RF next to LF  
3 & 4      Point LF to left side, step LF next to RF  
5 6      Point RF to right side, turn ¼ right with weight on left, place RF next to LF  
7 & 8      Point LF to left side, step LF next to RF

## SECTION 7: ROCK R FORWARD RECOVER, SHUFFLE BACK, ROCK L BACK RECOVER, SHUFFLE FORWARD

1 2      Rock RF fwd, recover onto LF,  
3 & 4      Step RF back, step LF next to RF, Step RF back  
5 6      Rock LF back, recover on to RF,  
7 & 8      Step LF fwd, step RF next to LF, step LF fwd

## SECTION 8: MODIFIED MONTEREY ¼ TURN, ROCK RECOVER, CROSS, HOLD

1 2 Point RF to right side, turn ¼ right with weight on left, place RF next to LF  
3 4 Point LF to left side, touch LF next to RF  
5 6 Rock LF to left side, recover on to RF  
7 8 Step LF Over RF, hold.

#### **TAGS**

##### **End Wall 2: ROCKING CHAIR X 2 - 8 COUNTS**

1 - 8 Rock Right fwd, Recover, Rock Right Back Recover. Rock Right fwd, Recover, Rock Right Back Recover

##### **END WALL 3: ROCKING CHAIR X 1 - 4 COUNTS**

1 2 3 4 Rock Right fwd, Recover, Rock Right Back Recover

##### **END WALL 4 - ROCKING CHAIR X 1 - 4 COUNTS**

1 2 3 4 Rock Right fwd, Recover, Rock Right Back Recover

---