

# Holding Out For A Hero

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Gillian Butler (UK)  
音乐: Holding Out for a Hero - Bonnie Tyler



## ROCK STEP, SHUFFLE ½ TURNS X 3

1-2      Rock forward onto left foot, recover weight back onto right  
3&4      Shuffle ½ turn to left, stepping left, right, left  
5&6      Shuffle ½ turn to left, stepping right, left, right  
7&8      Shuffle ½ turn to left, stepping left, right, left

Counts 5-8 can be replaced with a right shuffle, left shuffle

## STEP, PIVOT ¼ TURN, CROSS, POINT, CROSS, HOLD, LOCK STEP, POINT

9-10      Step forward on right, pivot ¼ turn to left  
11-12      Cross right over in front of left, point left out to left side  
13-14      Cross left in front of right, hold  
&15-16      Step right behind left (in lock position), step forward left, point right out to right side

## CROSS, HOLD, SIDE BEHIND SIDE, CROSS, HOLD, SIDE BEHIND TURN

17-18      Cross right in front of left, hold  
&19-20      Step left to left side, step right behind left, step left to left side (and slightly back)  
21-22      Cross right in front of left, hold  
&23-24      Step left to left side, step right behind left, step left ¼ turn to left

## STEP, PIVOT ½ TURN, RIGHT SHUFFLE FORWARD, LEFT ROCKING CHAIR STEP

25-26      Step forward on right, pivot ½ turn to left  
27&28      Right shuffle forward stepping right, left, right  
29-30      Rock forward onto left foot, recover weight back onto right  
31-32      Rock back onto left foot, recover weight back onto right

## REPEAT

## TAG

At end of walls 7 and 9 (facing back wall) and 14 (facing front wall) the last 4 counts need to be repeated before starting the dance again

1-2      Rock forward onto left foot, recover weight back onto right  
3-4      Rock back onto left foot, recover weight back onto right