

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 R, jazz box turn 1/4 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