

# Everyone Needs a Hero EZ

Count: 64

Wall: 4

Level: Easy Beginner / Beginner

Choreographer: Nat Davids (SA) - March 2023

Music: 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

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