

# Hercules vs Superman

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Melissa Lau (NZ) - March 2023

Musique: Holding Out for a Hero - Adam Lambert



Dance can be done to 3 options:

(1) 32-count Hercules sequence, or

(2) 32-count Superman sequence, or

(3) 64-count Hercules & Superman sequences (Hercules start front and back walls;  
(Superman start side walls)

Intro: 16 counts after beat kicks in (approx. 20 seconds in)

**Hercules Sequence:**

## MONTEREY ¼ TURN, V-STEP

- 1, 2 Point R to side, ¼ turn right stepping R next to L taking the weight onto R (3:00)
- 3, 4 Point L to side, step L next to R
- 5, 6 Step R diagonal fwd, step L diagonal fwd
- 7, 8 Step R back to centre, step L next to R

## SIDE TOUCH x2, MONTEREY ¼ TURN

- 1, 2, 3, 4 Step R to side, tap L toe next to R, step L to side, tap R toe next to L
- 5, 6 Point R to side, ¼ turn right stepping R next to L taking the weight onto R (6:00)
- 7, 8 Point L to side, step L next to R

## FWD SHUFFLE, ½ RIGHT PIVOT, FWD SHUFFLE, ¼ LEFT PIVOT

- 1&2 Step R fwd, step L next to R, step R fwd
- 3, 4 Step L fwd, pivot ½ turn right transferring weight onto R (12:00)
- 5&6 Step L fwd, step R next to L, step L fwd
- 7, 8 Step R fwd, pivot ¼ turn left transferring weight onto L (9:00)

## JAZZ BOX-FWD, 2x KICK-BALL-CHANGE

- 1, 2, 3, 4 Cross R over L, step L back, step R to side, step L fwd
- 5&6 Kick R fwd, step R on ball of foot next to L, step L next to R
- 7&8 Kick R fwd, step R on ball of foot next to L, step L next to R

**Superman Sequence:**

## WALK R-L-R, HITCH, 2x BACK-HITCH

- 1, 2, 3, 4 Step R fwd, step L fwd, step R fwd, hitch L knee (12:00)
- 5, 6, 7, 8 Step L back, hitch R knee, step R back, hitch L knee

## VINE ¼ LEFT TURN, BRUSH, ROCKING CHAIR

- 1, 2, 3, 4 Step L to side, step R behind, turn ¼ left stepping L fwd (9:00), brush R fwd
- 5, 6, 7, 8 Rock R fwd, recover weight on L, rock R back, recover weight on L

## SIDE STRUT, 3x TURN STRUT

- 1, 2 Touch R toe to side, drop heel to take weight
- 3, 4 Turn ½ right and touch L toe to side (3:00), drop heel to take weight
- 5, 6 Turn ½ left and touch R toe to side (9:00), drop heel to take weight,
- 7, 8 Turn ½ right and touch left toe to side (3:00), drop heel to take weight

## PADDLE TURN x2, JAZZ BOX-FWD

- 1, 2 Step R fwd, pivot ¼ turn left transferring weight onto L (12:00)

3, 4            Step R fwd, pivot  $\frac{1}{4}$  turn left transferring weight onto L (9:00)  
5, 6, 7, 8      Cross R over L, step L back, step R to side, step L fwd

**\* TAG #1: 8-count Tag at the end of wall 4 (12:00)**

**FWD POINT, STEP TOGETHER (x 4)**

1, 2, 3, 4      Point R fwd, step R back next to L, point L fwd, step L back next to R

5, 6, 7, 8      Point R fwd, step R back next to L, point L fwd, step L back next to R

**\* TAG #2: 4-count Tag at the end of walls 6 (6:00) and 8 (12:00)**

**FWD POINT, STEP TOGETHER (x 2)**

1, 2, 3, 4      Point R fwd, step R back next to L, point L fwd, step L back next to R

**\* ENDING: finish off with a MONTEREY  $\frac{1}{2}$  TURN RIGHT (instead of  $\frac{1}{4}$ ) to face the front**

1, 2, 3          Point R to side,  $\frac{1}{2}$  turn right stepping R next to L taking the weight onto R, point L to side

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