

# A Hero EZ

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Choi Yoon Jeong (KOR) - January 2023  
音乐: Holding Out for a Hero - Adam Lambert



Intro: 16 counts ( app. 22 secs )

**\*Tag 1: After wall 4 (facing 12:00)**

8                    count : Side touch x2, Hip bump /R,L,R,L

**\*Tag 2: After wall 6 & 8 (facing 6:00, 12:00)**

4                    count : Side touch x2

**Sec1. Vine touch, rolling vine, touch**

1234                Step R side, step L behind R, step R side, step L touch

5678                1/4 turn to left step L fwd, 1/2 turn to left step R back

**Sec2. 1/4 turn to left step L side, step R touch**

**(Easy option - 5678: vine touch) Sec2. Back, back, rock, recover, pivot 1/2L, pivot 1/2L**

1 2                Step R back, step L back (optional styling: swivel while walking back)

3 4                Rock back on R, recover L

5678                Step R fwd, 1/2 turn to left step L fwd, step R fwd, 1/2 turn to left step L fwd

**Sec3. Side hip roll, tap toe, side hip roll, tap toe x2**

1 2                Step R to side bending knees & rolling hip anti clockwise(1), tap L toe to L diag(2)

3 4                Step L to side bending knees & rolling hip clockwise(3), tap R toe to R diag(4)

5 6                Step R to side bending knees & rolling hip anti clockwise(5), tap L toe to L diag(6)

7 8                Step L to side bending knees & rolling hip clockwise(7), tap R toe to R diag(8)

**Sec4. Cross, recover, 1/4R, touch, fwd, recover, 1/2L, touch**

1234                Cross R over L, recover L, 1/4 turn to right step R fwd, touch L

5678                Step L fwd, recover R, 1/2 turn to left step L fwd, touch R

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