

# Hero

拍数: 32      墙数: 4      级数: Improver  
编舞者: Linda Sansoucy (CAN) - February 2009  
音乐: Holdin' Out for a Hero - Wenche



Intro : 24 counts

**[1-8] Step ¼ Turn Right, Hold & Clap, Step Back ½ Turn Right, Hold & Clap, Coaster Step, Scuff**

1-2            Step right ¼ turn right, Hold & Clap 3 :00  
3-4            Step left back ½ turn right (weight ends up on left), Hold & Clap 9 :00  
5-6-7        Step right back, Step left together, Step right forward  
8              Scuff left

**[9-16] Lock Step Forward, Hold, Step Forward, Pivot ¼ Turn Left, Stomp, Hold**

1-2-3        Step left forward, Lock right behind left, Step left forward  
4              Hold  
5-6        Step right forward, Turn ¼ left 6 :00  
7              Stomp right next to left  
8              Hold

**[17-24] Heel & Toe Swivels Left, Heel Swivel ¼ Turn Right, Hold, Toe Struts Back (twice)**

1-2            Swivel heels to the left, Swivel toes to the left  
3-4            Swivel heels ¼ turn right, Hold 9 :00  
5-6            Touch right toe back, Step down on right  
7-8            Touch left toe back, Step down on left

**[25-32] Coaster Step, Scuff, Lock Step Forward, Hold**

1-2-3        Step right back, Step left together, Step right forward  
4              Left Scuff  
5-6-7        Step left forward, Lock right behind left, Step left forward  
8              Hold

**Repeat!!**

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