

I Am Holding Out For A Hero (aka: I Don't Know)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Wanda Heldt (AUS) - December 2011
音乐: Holdin' Out for a Hero - Wenche
或: You Are the One - Carlene Carter
或: Dolly Would - The Dryes
或: Somewhere Over The Rainbow - Cliff Richard
或: Mr. Mom - Lonestar
或: Volcano - Jimmy Buffett



(2 Wall or 4 Wall)

I Choreographer dances to music I & my students Love Also to have FUN IN class with different music, not get Boring and it makes an Old dance Feel New also to give easy Options and also it can be Used as split floor at events when It's Allowed! It's Always about FUN & Happy Dancing.

S1. ROCK BACK RIGHT, RECOVER, STEP - REPEAT LEFT FOOT, STEP RIGHT BEHIND, 1/2 TURN LEFT -STEP LEFT, RIGHT, ROCK BACK LEFT. RECOVER, STEP

1&2 Rock back on Right, Recover on Left, Step Right.
3&4 Rock back on Left, Recover on Right, Step Left.
5&6 Step Right behind Left, Left 1/2 turn stepping on Left, Step Right [6:00]
7&8 Rock back on Left, Recover on Right, Step Left.

S2. BACK ROCK RIGHT. RECOVER, STEP, STEP LEFT BEHIND, SIDE, CROSS, SIDE RIGHT ROCK, RECOVER, CROSS, SIDE LEFT, TOGETHER, STEP FORWARD

1&2 Rock back on Right, Recover on Left, Step Right.
3&4 Step Left behind Right, Step Right to Right, Cross Left over Right.
5&6 Rock Right-to-Right side, Recover on Left, Cross Right over Left.
7&8 Step Left-to-Left side, Step Right next to Left, Step forward Left.

S.3 VAUDEVILLE RIGHT, 1/4 TURN LEFT HEEL & STEP, VAUDEVILLE LEFT, CROSS ROCK, RECOVER, STEP

1&2& Cross Right over Left, Step back on Left, Touch Right heel forward, Step Right next to Left
3&4& Cross Left over Right, 1/4 Turn Left step back on Right, Touch Left heel & step**
5&6& Cross Right over Left, Step back on Left, Touch Right heel forward, Step Right next to Left
7&8 Cross Left over Right, Recover on Right. Step Left to Left [Wt.on L]

EZ. Option: 2 WALL Replace Vaudeville's with Side Rock, Recover Cross

** 4 WALL 3&4 Side Rock Left, Recover on Right 1/4 turn Left, Step Left next to Right

S4. RIGHT BACK LOCK STEP, 1/2 TURN LEFT- LOCK STEP /SHUFFLE FWD L.R.L 1/2 TURN LEFT-SHUFFLE BACK R.L.R, LEFT SIDE MAMBO

1&2 Step back on Right, Step Left over Right, Step back on Right. [Wt.on R]
3&4 1/2 turn Left forward on Left, Step Right behind, Step forward on Left. [Facing 12:00]
5&6 1/2 turn Left Shuffle back R.L.R. [Facing 6:00]
7&8 Rock Left to Left side, Recover on Right, Step Left next Right. [Wt. on L]

EZ. Option:- 3&4 Shuffle back L.R.L. / 5&6 Shuffle back R.L.R.

REPEAT..... HAVE FUN IN LIFE & IN DANCE

Last Update - 12 Sept. 2024 - R1

