

# Everyone Needs a Hero

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Roy Verdonk (NL), Grace David (KOR) & Jef Camps (BEL) - January 2023  
音樂: Holding Out for a Hero - Adam Lambert



Intro: 16 counts after beat kicks in

## Section 1: Scuff, Out-Out, Knee Swivel, Kick-Ball-Cross, Side Rock/Recover

1&2      RF scuff forward, RF step out, LF step out  
3-4      Twist R-knee in, twist R knee out (weight stays on LF)  
5&6      RF kick in R diagonal, RF close on ball next to LF, LF cross over RF  
7-8      RF rock side, recover

## Section 2: Cross, ¼ Back, ½ Leg Swing, Step Forward, ¼ Pivot, Cross Samba

1-2      RF cross over LF, ¼ turn R & LF step back 3:00  
3-4      Swing RF in the air while making ½ turn R on LF, RF step forward 9:00  
5-6      LF step forward, make ¼ turn R putting weight on RF 12:00  
7&8      LF cross over RF, RF step side, LF step side (slightly travelling forward)

## Section 3: Rock Forward/Recover, ¼ Toe Strut, Rock Forward/Recover, Full Turn Back

1-2      RF rock forward, recover on LF  
3-4      ¼ Turn R & RF step side on toes, RF drop heel down - 3:00  
5-6      LF rock forward, recover on RF  
7-8      ½ turn L & LF step forward, ½ turn L & RF step back - 3:00

## Section 4: Coaster Step, Walk R-L, ¼ Slide, Drag, 1/8 Sailor Step

1&2      LF step back, RF close next to LF, LF step forward  
3-4      RF walk forward, LF walk forward  
5-6      ¼ turn L & RF big step side, LF drag towards RF 12:00  
7&8      LF cross behind RF, RF step side, 1/8 turn L & LF step forward 10:30

## Section 5: Step Forward, ½ Pivot, ½ Shuffle Back, Walks Back, Coaster Step

1-2      RF step forward, make ½ turn L putting weight on LF 4:30  
3&4      ½ turn L & RF step back, LF close next to RF, RF step back 10:30  
5-6      LF walk back, RF walk back (optional styling: swivel while walking back)  
7&8      LF step back, RF close next to LF, LF step forward

## Section 6: Heel Grind, 1/8 Side, Behind-Side-Cross, Slide, Drag, Kick-Ball-Cross

1-2      RF step forward on heel, make 1/8 turn on R heel & LF step side 12:00  
3&4      RF cross behind LF, LF step side, RF cross over LF  
5-6      LF large step side, RF drag towards LF  
7&8      RF kick in R diagonal, RF close on ball next to LF, LF cross over RF

## Section 7: 2 x ¼ Monterey Turn

1-2      RF point side, ¼ turn R & RF close next to LF 3:00  
3-4      LF point side, LF close next to RF  
5-6      RF point side, ¼ turn R & RF close next to LF 6:00  
7-8      LF point side, LF close next to RF

## Section 8: Diagonal Rock/Recover, Behind-Side-Cross, Diagonal Rock/Recover, Coaster Step

1-2      RF rock in R diagonal, recover on LF  
3&4      RF cross behind LF, LF step side, RF cross over LF

5-6 LF rock in L diagonal, recover on RF  
7&8 LF step back, RF close next to LF, LF step forward

### EXTRA'S

**Tags: After wall 2 (8c - 12:00), wall 3 (only first 4c - 6:00) and wall 4 (only first 4c- 12:00)**

1-2 RF step forward, make ½ turn L putting weight on LF  
3-4 RF step forward, make ½ turn L putting weight on LF  
5-6 RF step diagonally R forward, LF step diagonally L forward  
7-8 RF step back into center, LF close next to RF

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