

# I Need a Hero

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Josée Martel (CAN) - January 2023  
音樂: Holding Out for a Hero - Adam Lambert



**Intro: 16 counts after when heavy beat start**

**[1-8] Point, Together, Point, Together, Kick, Back, Kick, Together,**

1-2            RF point side right, RF beside left  
3-4            LF point side left, LF beside right  
5-6            RF kick fwd, RF step back  
7-8            LF kick fwd, LF beside right

**[9-16] Point, Together, Point, Together, Out Out, In In,**

1-2            RF point side right, RF beside left,  
3-4            LF point side left, LF beside right,  
5-6            RF step diagonally right fwd, LF step diagonally left fwd  
7-8            RF back center, LF beside RF

**[17-24] Step Forward, Pivot ½ Turn, Step, Hold, Step Forward, Pivot ½ Turn, Step, Hold,**

1-2            Step right fwd, ½ turn left, (weight on left) (6:00)  
3-4            Step right fwd, hold,  
5-6            Step left fwd, ½ turn right, (weight on right) (12:00)  
7-8            Step left fwd, hold

**[25-32] Jazz Box ¼ Turn, Toe Strut, Toe Strut,**

1-2            Cross right step over on left, left step back  
3-4            ¼ turn right and RF step fwd, step left beside RF  
5-6            RF on toe beside LF, RF drop heel down  
7-8            LF on toe beside RF, LF drop heel down

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

**\*8 counts: Point forward, Together x4**

**\*\*Tag 2 & 3: After wall 6&8 (facing 6:00-12:00)**

**\*\*4 counts: Point forward, Together x2**