

# Holding out for A Hero

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Easy Improver  
編舞者: Judy Rodgers (USA) - February 2023  
音樂: Holding Out for a Hero - Adam Lambert



#16 count intro after beat kicks in (about 22 seconds in)

**S1: Back toe struts R, L, shuffle, rock recover**

1-4            Step R toe back, step down R, step L toe back, step down L  
5&6            Shuffle back R L R  
7-8            Rock L back, recover R

**S2: Side rock, cross shuffle, turn 1/4 L, turn 1/4 L, shuffle**

1-2            Rock L to left side, recover R  
3&4            Cross L over R, step R to right side, cross L over R  
5-6            Turn 1/4 left step R back, turn 1/4 left step L to left side 6:00  
7&8            Shuffle fwd R L R

**S3: Weave R, cross rock, shuffle turn 1/4 L**

1-4            Cross L over R, step R to right side, step L behind R, step R to right side  
5-6            Cross L over R, recover R  
7&8            Turn 1/4 left shuffle left L R L 3:00

**S4: Monterey turn 1/4 R, jazz box turn 1/4 R**

1-2            Point R to right side, turn 1/4 right step R beside L 6:00  
3-4            Point L to left side, step L beside R  
5-8            Cross R over L, turn 1/4 right step L back, step R to right side, step L fwd 9:00

**Tag 1: At end of Wall 4 facing 12:00, add following 8 counts:**

**Rock recover, coaster step, walk walk, mambo step**

1-2            Rock R fwd, recover L  
3&4            Step R back, step L beside R, step R fwd  
5-6            Walk fwd L, R  
7&8            Rock L fwd, recover R, step L beside R

**Tag 2 & 3: At end of Wall 6 and Wall 8, add following 4 count tag:**

**Out out in in**

1-2            Step R fwd to right diagonal, step L fwd to left diagonal  
3-4            Step R back to center, step L beside R