

# Holding Out for a Hero (2023)

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數:  
編舞者: Gordon Elliott (AUS) - February 2023  
音樂: Holding Out for a Hero - Adam Lambert



**Original Position: Feet Together Weight On The Left Foot.**

(Original : December 2011) Revised February 2023 For The Nsw Line Dance Ball As A Split Floor

**This dance is done in FOUR directions. Introduction: 16 HEAVY Beats**

## **VINE RIGHT & KICK, SIDE, KICK, SIDE, TOUCH**

1, 2      Vine : Step R To The Side, Step L Behind Right,  
3, 4      Step R To The Side, Kick L Across In Front Of Right,  
5, 6      Step L To The Side, Kick R Across In Front Of Left,  
7, 8      Step R To The Side, Touch L Toe Together. (12.00)

## **VINE LEFT & KICK, SIDE, KICK, SIDE, TOUCH**

1, 2      Vine : Step L To The Side, Step R Behind Left,  
3, 4      Step L To The Side, Kick R Across In Front Of Left,  
5, 6      Step R To The Side, Kick L Across In Front Of Right,  
7, 8      Step L To The Side, Touch R Toe Together. (12.00)

## **BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH**

1, 2      Step R Back At 45° Right, Touch L Toe Together & Clap,  
3, 4      Step L Back At 45° Left, Touch R Toe Together & Clap,  
5, 6      Step R Back At 45° Right, Touch L Toe Together & Clap,  
7, 8      Step L Back At 45° Left, Touch R Toe Together & Clap. (12.00)

## **HEEL STRUT, HEEL STRUT, HEEL STRUT, HEEL STRUT**

1, 2      Strut : Step R Heel Forward, Drop R Toe To The Floor,  
3, 4      Strut : Step L Heel Forward, Drop L Toe To The Floor,  
5, 6      Strut : Step R Heel Forward, Drop R Toe To The Floor,  
7, 8      Strut : Step L Heel Forward, Drop L Toe To The Floor. (12.00)

## **PADDLE TURN, PADDLE TURN, JAZZ BOX**

1, 2      Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, (9.00)  
3, 4      Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, (6.00)  
5, 6      Jazz Box : Step R Across In Front Of Left, Step L Back,  
7, 8      Step R To The Side, Step L Forward. (6.00)

## **PADDLE TURN, PADDLE TURN, JAZZ BOX**

1, 2      Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, (3.00)  
3, 4      Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, (12.00)  
5, 6      Jazz Box : Step R Across In Front Of Left, Step L Back,  
7, 8      Step R To The Side, Step L Together. (12.00)

## **HEELS, TOES, HEELS, CLAP, HEELS, TOES, HEELS, CLAP**

1, 2      Swivel Both Heels To The Right, Swivel Both Toes To The Right,  
3, 4      Swivel Both Heels To The Right, Hold & Clap,  
5, 6      Swivel Both Heels To The Left, Swivel Both Toes To The Left,  
7, 8      Swivel Both Heels To The Left, Hold & Clap. (12.00)

**FORWARD, TOUCH, BACK, TOUCH, 1/4 SIDE, TOUCH, SIDE, TOUCH**

- 1, 2            Step R Forward, Touch L Toe Together,  
3, 4            Step L Back, Touch R Toe Together,  
5, 6            Turn 90° Right Step R To The Side, Touch L Toe Together, (3.00)  
7, 8            \*\* Step L To The Side, Touch R Toe Together. (3.00)  
[64]            REPEAT THE DANCE IN NEW DIRECTION

**TAG 1 : At the END ( \*\* ) of WALL 2 (6.00) ADD the following 8 beat tag:**

- 1,2,3,4        Rocking Chair : Step R Forward, Rock Back Onto L, Step R Back, Rock Forward Onto L.  
5, 6            Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,  
7, 8            Pivot : Step R Forward, Turn 180° Left Take Weight Onto L

**TAGS 2 &3: At the END ( \*\* ) of WALL 3 (9.00) & WALL 4 (12.00) ADD the following 4 beat tag**

- 1, 2, 3, 4        Rocking Chair : Step R Forward, Rock Back Onto L, Step R Back, Rock Forward Onto L
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