

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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