

Holding Out (For A Hero)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gaye Teather (UK)
音樂: Holding Out for a Hero - Bonnie Tyler



CHASSE RIGHT, ROCK BACK, SIDE-BEHIND, SHUFFLE ¼ TURN LEFT

1&2 Step right to right side, close left beside right, step right to right
3-4 Rock back on left foot, recover onto right
5-6 Step left to left side, cross right behind left
7&8 Step left foot ¼ turn left, close right beside left, step forward on left (9:00)

POINT-CROSS, POINT-CROSS, POINT, ½ TURN RIGHT, POINT, TOUCH

9-10 Point right toe to right side, cross step right over left
11-12 Point left toe to left side, cross step left over right
13-14 Point right toe to right side, make ½ turn right on ball of left stepping right beside left
15-16 Point left toe to left side, touch left toe beside right foot (3:00)

ROCK BACK, LEFT SHUFFLE FORWARD, FULL TURN LEFT, RIGHT SHUFFLE FORWARD

17-18 Rock back on left foot, recover onto right
19&20 Step forward on left, close right beside left, step forward on left
21-22 ½ turn left stepping back on right, ½ turn left stepping forward on left
23&24 Step forward on right, close left beside right, step forward on right (3:00)

STEP, ¼ TURN RIGHT, CROSS SHUFFLE, RIGHT WEAVE

25-26 Step forward on left, turn ¼ right
27&28 Cross left over right, step right to right, cross left over right
29-30 Step right to right, cross left behind right
31-32 Step right to right, cross left over right (6:00)

SIDE ROCK, CROSS SHUFFLE, SIDE-BEHIND, ¼ TURN LEFT, STEP

33-34 Rock right to right side, recover onto left
35&36 Cross right over left, step left to left, cross right over left
37-38 Step left to left, cross right behind left
39-40 Step left foot ¼ turn left, step forward on right (3:00)

FORWARD ROCK, BACK, HOLD & CLAP, JAZZ JUMPS BACK X 3, HOLD & CLAP

41-42 Rock forward on left, recover onto right
43-44 Step back on left, hold and clap
&45 Small jump step back on right, step left beside right
&46&47 Repeat steps & 45 twice more
48 Hold and clap (3:00)

¼ MONTEREY TURN RIGHT, FULL ROLLING TURN LEFT

49-50 Point right toe to right side, on ball of left turn ¼ right stepping right beside left
51-52 Point left toe to left side, touch left beside right
53-54 Step left foot ¼ left, make ½ turn left stepping back on right
55-56 Turn ¼ left stepping left to left side, touch right beside left (6:00)

CHASSE RIGHT, ½ TURN RIGHT, CLAP, ½ TURN RIGHT, CLAP, CROSS, CLAP

57&58 Step right to right side, close left beside right, step right to right
59-60 Make ½ turn right stepping left to left side, hold and clap

61-62

Make ½ turn right stepping right to right side, hold and clap

63-64

Cross step left over right, hold and clap

REPEAT
