

Holding Out For A Hero

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Gillian Butler (UK)
音樂: Holding Out for a Hero - Bonnie Tyler



ROCK STEP, SHUFFLE ½ TURNS X 3

1-2 Rock forward onto left foot, recover weight back onto right
3&4 Shuffle ½ turn to left, stepping left, right, left
5&6 Shuffle ½ turn to left, stepping right, left, right
7&8 Shuffle ½ turn to left, stepping left, right, left

Counts 5-8 can be replaced with a right shuffle, left shuffle

STEP, PIVOT ¼ TURN, CROSS, POINT, CROSS, HOLD, LOCK STEP, POINT

9-10 Step forward on right, pivot ¼ turn to left
11-12 Cross right over in front of left, point left out to left side
13-14 Cross left in front of right, hold
&15-16 Step right behind left (in lock position), step forward left, point right out to right side

CROSS, HOLD, SIDE BEHIND SIDE, CROSS, HOLD, SIDE BEHIND TURN

17-18 Cross right in front of left, hold
&19-20 Step left to left side, step right behind left, step left to left side (and slightly back)
21-22 Cross right in front of left, hold
&23-24 Step left to left side, step right behind left, step left ¼ turn to left

STEP, PIVOT ½ TURN, RIGHT SHUFFLE FORWARD, LEFT ROCKING CHAIR STEP

25-26 Step forward on right, pivot ½ turn to left
27&28 Right shuffle forward stepping right, left, right
29-30 Rock forward onto left foot, recover weight back onto right
31-32 Rock back onto left foot, recover weight back onto right

REPEAT

TAG

At end of walls 7 and 9 (facing back wall) and 14 (facing front wall) the last 4 counts need to be repeated before starting the dance again

1-2 Rock forward onto left foot, recover weight back onto right
3-4 Rock back onto left foot, recover weight back onto right