

# Holding Out For Shrek

拍數: 0      牆數: 0      級數:  
編舞者: Ross Brown (ENG)  
音樂: Holding Out For a Hero - Jennifer Saunders



Sequence: AAB, Tag, Tag, AAB, Tag, AAB, BBB, A, Tag, ABC

## PART A

### SIDE, BEHIND & CROSS, $\frac{3}{4}$ UNWIND, ROCK BACK, FULL TURN OVER TWO STEPS

- 1-2&      Side step right to the right, cross step left behind right, step right next to left
- 3-4      Cross step left over right, unwind  $\frac{3}{4}$  right
- 5-6      Rock back with right, recover onto left
- 7-8      Step back onto right, turning a half left, step forward onto left turning a half left

### SWEEP, STEP, SWEEP, STEP, KICK, KICK, TAP, TAP

- 1-2      Sweep right from behind left to in front of left, step onto right
- 3-4      Sweep left from behind right to in front of right, step onto left
- 5-6      Kick right foot forward twice
- 7-8      Tap right next to left twice

### ROLL TURN, ROLL TURN, ROLL, BEHIND, SIDE

- 1-2      Roll hips to the right, turning  $\frac{1}{4}$  to the left
- 3-4      Roll hips to the right, turning  $\frac{1}{4}$  to the left
- 5-6      Roll hips to the right, roll hips to the left (weight ends on left)
- 7-8      Cross step right behind left, side step left to the left

### HEEL TURN, SIDE STEP, HEEL TURN, SIDE STEP, JAZZ BOX

- 1-2      Step right heel across left pointing diagonally forward left, side step left turning to the left right heel to point diagonally forward right
- 3-4      Step right heel across left pointing diagonally forward left, side step left turning to the left right heel to point diagonally forward right
- 5-6      Cross step right over left, step back with left
- 7-8      Step right to the right, step forward with left

## PART B

### CROSS ROCK, SIDE, CROSS, ROCKING CHAIR

- 1-2      Cross rock right over left, recover onto left
- 3-4      Side step right to the right, cross step left over right
- 5-6      Rock forward with right, recover onto left
- 7-8      Rock back with right, recover onto left

### ROCKING CHAIR, SIDE STEP, DRAG, ROCK BACK

- 1-2      Rock forward with right, recover onto left
- 3-4      Rock back with right, recover onto left
- 5-6      Large side step to the right with right, drag left up to right keeping weight on right
- 7-8      Rock back with left, recover onto right

### VINE, TOUCH, CROSS STEP, TWISTS

- 1-2      Side step left to the left, cross right behind left
- 3-4      Side step left to the left, touch right next to left
- 5      Cross step right over left
- 6-8      Twist body  $\frac{1}{4}$  left, twist body  $\frac{1}{4}$  right, twist body  $\frac{1}{2}$  left weight ending on left

Rocking chairs in part B are slightly diagonally forward left/back right

### **PART C**

#### **TWISTS, ROCK FORWARD, COASTER STEP, ROCK FORWARD**

- 1-2 Twist body a  $\frac{1}{4}$  right, twist body a  $\frac{1}{4}$  left
- 3-4 Rock forward with right, recover onto left
- 5&6 Step back with right, step left next to right, step forward with right
- 7-8 Rock forward with left, recover onto right

#### **HALF SHUFFLE, ROCK FORWARD, COASTER STEP, ROCK FORWARD**

- 1&2 Step back onto left turning a  $\frac{1}{4}$  left, bring right up to left turning a  $\frac{1}{4}$  left, step forward with left
- 3-4 Rock forward with right, recover onto left
- 5&6 Step back with right, step left next to right, step forward with right
- 7-8 Rock forward with left, recover onto right

#### **HALF SHUFFLE X4**

- 1&2 Step back onto left turning a  $\frac{1}{4}$  left, bring right up to left turning a  $\frac{1}{4}$  left, step forward with left
- 3&4 Step back onto right turning a  $\frac{1}{4}$  left, bring left up to right turning a  $\frac{1}{4}$  left, step back with right
- 5&6 Step back onto left turning a  $\frac{1}{4}$  left, bring right up to left turning a  $\frac{1}{4}$  left, step forward with left
- 7&8 Step back onto right turning a  $\frac{1}{4}$  left, bring left up to right turning a  $\frac{1}{4}$  left, step back with right

#### **ROCK BACK, STOMP, STOMP**

- 1-2 Rock back with left, recover onto right
- 3-4 Stomp left foot forward, stomp right foot next to left

### **TAG**

#### **CROSS STEP, TWISTS**

- 1 Cross step right over left
  - 2-4 Twist body a  $\frac{1}{4}$  left, twist body a  $\frac{1}{4}$  right, twist body a  $\frac{1}{2}$  left weight ending on left
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