

Holding Out For A Hero

COPPER **KNOB**
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Adeline Cheng (MY) & David Hoyn (AUS) - March 2014
音樂: Holding Out for a Hero - Bonnie Tyler : (Album: Greatest Hits)



Start: On Vocals on words "Where All The Good Men Gone"

(1-8) Touch Right Front, Touch Right Side, Right Coaster Step, Touch Left Front, Touch Left Side, Left Coaster Step

1, 2 Touch Right Toe Fwd, Touch Right Toe To Right Side
3&4 Step Right Back, Step Left Beside Right & Step Right Fwd
5, 6 Touch Left Toe Fwd, Touch Left Toe To Left Side
7&8 Step Left Back, Step Right Beside Left & Step Left Fwd

(9-16) Step Right ½ Turn Left, Shuffle Forward Right, Step Left ½ turn Right, Step Left ½ Turn Right

1,2 Step Right Forward, Turn ½ Turn Left Weight On Left,
3&4 Step Forward on Right, Step Left next to Right, Step Forward on Right (Shuffle)
5, 6 Step Left Forward, Turn ½ Turn Right Weight on Right, (12 O'clock)
7, 8 Step Left Forward, Turn ½ Turn Right Weight On Right, (6 O'clock)

(17-24) Rock Forward On Left, Rock Back On Right, ½ Turn Left Shuffle, Touch Right Toe Forward @ 45deg Right & Hich Right Knee, Right Behind, Left To Side, Right Cross Over Left.

1, 2 Rock Forward Onto Left, Rock Back Onto Right
3, 4 ½ Turn Left, Step Left Forward, Step Right beside Left, Step Left Forward (Shuffle)
5, 6 Touch Right Toe Forward at 45deg Right, Right Forward Hitch
7&8 Step Right Behind Left, & Step Left To Left Side, Right Over Left, (12 O'clock)

(25-32) Turning 1 & ¼ Turn To Left, Touch Right Next To Left, Step Right Forward, Touch Left Beside Right, Step Forward Left, Touch Right Beside Left,

1, 2 Make ¼ Turn Left Step Forward On Left, Make ½ Turn Left Step Back On Right
3, 4 Make ½ Turn Left Step Forward On Left, Touch Right Next To Left, (9 O'clock)
5, 6 Step Forward On Right, Touch Left Beside Right
7, 8 Step Forward On Left, Touch Right beside left

Tag 1: End Of Wall 7 (3 O'clock) Add Two Right Kick Ball Changes

Tag 2: End Of Wall 9 (9 O'clock) Add Two Right Kick Ball Changes

Tag 3: End Of Wall 14 (6 O'clock) Add Two Right Kick Ball Changes

Dance all the way till the song ends and you'll finish at the front wall

Start Again

**We Hope You All Enjoy The Dance
See You All On The Dance Floor**

Contact: adelinec@nulinedance.com davidh@nulinedance.com (Nuline dance)