

A Hero AB

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Annemaree Sleeth (AUS) - February 2023

Music: Holding Out for a Hero - Adam Lambert



Intro 16 beats Counts After heavy beats

Dance Begins On 16 Counts from heavy beat Note For ABs I don't teach Tags to Begin with.

Feel Free to dance through them

SEC 1 [1 – 8] OUT, OUT, IN, IN, STEP, SCUFF, STEP, SCUFF

- 1 – 2 Step Right Out side, Step Left Out to Side
- 3 – 4 Step Right Back, Step Left Beside Right
- 5 – 6 Step Right Forward, Scuff Left Low Across Right
- 7 – 8 Step Left Forward, Scuff Right A Tiny Bit Forward

SEC 2 [9 - 16] BACK 4, SIDE TOUCH, SIDE TOUCH

- 1 – 2 Step Right Back, Step Left Back
- 3 – 4 Step Right Back, Step Left Beside Right (wgtL)
- 5 – 6 Step Right Side, Touch Left Beside Right
- 7 – 8 Step Left Side, Touch Right Beside Left

SEC 3 [17 – 24] VINE, TOUCH, ¼ VINE TOUCH

- 1 – 2 Step Right Side, Cross Left Slightly Behind Right
- 3 – 4 Step Right Side , Touch left Beside Right
- 5 – 6 Step Left Side, Cross Right Slightly Behind Left,
- 7 – 8 Turn ¼ Left Step Left Forward, Scuff Right Forward

SEC 4 [25 – 32] ADAPTED K STEP

- 1 – 2 Step Right Forward , Touch Left Behind Right
- 3 – 4 Step Left Back, Kick Right Slightly Forward/Touch
- 5 – 6 Step Right Back, Touch Left Across Right
- 7 – 8 Step Left Forward, Scuff Right Forward (Ready to start again)

Begin Again

TAG 1: 8 COUNTS End Of Wall 4 Starts @9.00 Danced Facing 12.00 V STEPS X 2

TAG 2: 4 COUNTS End Of Wall 6 Starts @3 00 Danced Facing 6.00 V Steps X 1

TAG 3: 4 COUNTS End Of Wall 8 Facing @9.00 Danced Facing 12.00 V Steps X 1

ENDING FACING BACK COMPLETE DANCE, STEP FORWARD, ½ PIVOT, STEP FORWARD (CHASE TURN TO FRONT)

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