

# A HERO AB

**Count:** 32. **Wall:** 4. **Level:** Absolute Beginner

**Choreographer:** Annemaree Sleeth (AUS) - February 2023

**Music:** *Holding Out for a Hero* by Adam Lambert. Album: High Drama

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## **INTRO: 16 count from heavy beats**

### **V STEP, STEP, BRUSH, STEP, BRUSH**

1-4 Step R forward 45° right, Step L forward 45° left, Step R back to center, Step L beside R

5-8 Step R Forward, Brush L forward

7,8 Step L Forward, Brush R slightly forward

### **BACK, BACK, BACK, TOGETHER, SIDE, TOUCH, SIDE, TOUCH**

1-4 Step R back, Step L back, Step R back, Step L beside R (**weight on L**)

5,6 Step R to right, Touch L beside R

7,8 Step L to left, Touch R beside L

### **VINE RIGHT, TOUCH, VINE LEFT 1/4, SCUFF**

1-4 Step R to right, Step L behind R, Step R to right, Touch L beside R

5-8 Step L to left, Step R behind L, Turn ¼ left step L forward, Scuff R forward

### **STEP, TOUCH BEHIND, BACK, KICK, BACK, TOUCH ACROSS, STEP, SCUFF**

1-4 Step R forward, Touch L behind R, Step L back, Low Kick R forward

5-8 Step R back, Cross Touch L over R, Step L forward, Scuff R forward

## **32 REPEAT**

**TAG: End of Wall 4 [12:00]**

**V STEP, V STEP**

**TAG: End of Wall 6 [6.00] and Wall 8 [12:00]**

**V STEP**

**ENDING: Last Wall starts facing 6:00, complete the dance then:**

**STEP, PIVOT 1/2 LEFT, STEP**