

EVERYONE NEEDS A HERO

Count: 64. **Wall:** 2. **Level:** Easy Intermediate

Choreographer: Roy Verdonk (NL), Grace David (KOR) & Jef Camps (BEL) - January 2023

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

INTRO: 16 count after beat kicks in

SCUFF, OUT-OUT, KNEE SWIVEL IN, OUT, KICK-BALL-CROSS, ROCK RIGHT, RECOVER

1&2 Scuff R forward, Step R forward 45° right, Step L forward 45° left

3,4 Twist R knee in, Twist R knee out (**weight on L**)

5&6 Kick R forward 45° right, Step ball of R beside L, Cross L over R

7,8 Rock R to right, Recover onto L

CROSS, 1/4 RIGHT, SWING LEG 1/2 RIGHT, STEP, PIVOT 1/4 RIGHT, CROSS SAMBA

1,2 Cross R over L, 1/4 Turn 1/4 right step L back [3:00]

3,4 Swing R in the air turning 1/2 right on L, Step R forward [9:00]

5,6 Step L forward, Pivot 1/4 right [12:00]

7&8 Cross L over R, Step R to right, Step L to left (**travelling slightly forward**)

ROCK FORWARD, RECOVER, 1/4 RIGHT TOE STRUT,

ROCK FORWARD, RECOVER, 1/2 LEFT, 1/2 LEFT

1,2 Rock R forward, Recover onto L

3,4 Turn 1/4 right touch R toes to right, Drop heel to floor [3:00]

5,6 Rock L forward, Recover onto R

7,8 Turn 1/2 left step L forward, Turn 1/2 left step R back [3:00]

COASTER BACK, WALK, WALK, 1/4 LEFT, DRAG, SAILOR 1/8 LEFT

1&2 Step L back, Step R beside L, Step L forward

3,4 Step R forward, Step L forward

5,6 Turn 1/4 left big step R to right, Drag L towards R (**weight on R**) [12:00]

7&8 Step L behind R, Step R to right, Turn 1/8 left step L forward [10:30]

STEP, PIVOT 1/2 LEFT, 1/2 LEFT SHUFFLE BACK, BACK, BACK, COASTER BACK

1,2 Step R forward, Pivot 1/2 left [4:30]

3&4 Turn 1/2 left step R back, Step L beside R, Step R back [10:30]

5,6 Step L back, Step R back (**optional styling: swivel while walking back**)

7&8 Step L back, Step R beside L, Step L forward

HEEL GRIND, 1/8 SIDE, BEHIND-SIDE-CROSS, SLIDE, DRAG, KICK-BALL-CROSS

1,2 Step R heel forward, Turn 1/8 right on R heel step L to left [12:00]

3&4 Step R behind L, Step L to left, Cross R over L

5,6 Large step L to left, Drag R towards L (**weight on L**)

7&8 Kick R forward 45° right, Step ball of R beside L, Cross L over R

MONTEREY 1/4 RIGHT, MONTEREY 1/4 RIGHT

1-4 Point R to right, Turn 1/4 right step R beside L, Point L to left, Step L beside R [3:00]

5-8 Point R to right, Turn 1/4 right step R beside L, Point L to left, Step L beside R [6:00]

ROCK FORWARD 45° RIGHT, RECOVER, BEHIND-SIDE-CROSS,

ROCK FORWARD 45° LEFT, RECOVER, COASTER BACK

1,2 Rock R forward 45° right, Recover onto L

3&4 Step R behind L, Step L to left, Cross R over L

5,6 Rock L forward 45° left, Recover onto R

7&8 Step L back, Step R beside L, Step L forward [6:00]

64 REPEAT [Tags over page]

CONTINUED OVER

TAG: End of Wall 2 [12:00]

STEP, PIVOT 1/2 LEFT, STEP PIVOT 1/2 LEFT, V STEP

1-4 Step R forward, Pivot ½ left, Step R forward, Pivot ½ left

5-8 Step R forward 45° right, Step L forward 45° left, Step R back to center, Step L beside R

TAG: End of Wall 3 [6:00] and Wall 4 [12:00]

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

1-4 Step R forward, Pivot ½ left, Step R forward, Pivot ½ left