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 - Adam Lambert

Intro:16 counts after beat kicks in

Section 1: Scuff, Out-Out, Knee Swivel, Kick-Ball-Cross, Side Rock/Recover

1&2	RF scuff forward, RF step out, LF step out
3-4	Twist R-knee in, twist R knee out (weight stays on LF)
5&6	RF kick in R diagonal, RF close on ball next to LF, LF cross over RF
7-8	RF rock side, recover

Section 2: Cross, ¼ Back, ½ Leg Swing, Step Forward, ¼ Pivot, Cross Samba

1-2	RF cross over LF, ¼ turn R & LF step back 3:00
3-4	Swing RF in the air while making ½ turn R on LF, RF step forward 9:00
5-6	LF step forward, make ¼ turn R putting weight on RF 12:00
7&8	LF cross over RF, RF step side, LF step side (slightly travelling forward)

Section 3: Rock Forward/Recover, ¼ Toe Strut, Rock Forward/Recover, Full Turn Back

1-2	RF rock forward, recover on LF
3-4	¼ Turn R & RF step side on toes, RF drop heel down - 3:00
5-6	LF rock forward, recover on RF
7-8	½ turn L & LF step forward, ½ turn L & RF step back - 3:00

Section 4: Coaster Step, Walk R-L, ¼ Slide, Drag, 1/8 Sailor Step

1&2	LF step back, RF close next to LF, LF step forward
3-4	RF walk forward, LF walk forward
5-6	¼ turn L & RF big step side, LF drag towards RF 12:00
7&8	LF cross behind RF, RF step side, 1/8 turn L & LF step forward 10:30

Section 5: Step Forward, ½ Pivot, ½ Shuffle Back, Walks Back, Coaster Step

1-2	RF step forward, make ½ turn L putting weight on LF 4:30
3&4	½ turn L & RF step back, LF close next to RF, RF step back 10:30
5-6	LF walk back, RF walk back (optional styling: swivel while walking back)
7&8	LF step back, RF close next to LF, LF step forward

Section 6: Heel Grind, 1/8 Side, Behind-Side-Cross, Slide, Drag, Kick-Ball-Cross

1-2	RF step forward on heel, make 1/8 turn on R heel & LF step side 12:00
3&4	RF cross behind LF, LF step side, RF cross over LF
5-6	LF large step side, RF drag towards LF
7&8	RF kick in R diagonal, RF close on ball next to LF, LF cross over RF

Section 7: 2 x ¼ Monterey Turn

1-2	RF point side, ¼ turn R & RF close next to LF 3:00
3-4	LF point side, LF close next to RF
5-6	RF point side, ¼ turn R & RF close next to LF 6:00
7-8	LF point side, LF close next to RF

Section 8: Diagonal Rock/Recover, Behind-Side-Cross, Diagonal Rock/Recover, Coaster Step

1-2	RF rock in R diagonal, recover on LF
3&4	RF cross behind LF, LF step side, RF cross over LF
5-6	LF rock in L diagonal, recover on RF
7&8	LF step back, RF close next to LF, LF step forward

EXTRA'S

Tags: After wall 2 (8c - 12:00), wall 3 (only first 4c - 6:00) and wall 4 (only first 4c- 12:00)

1-2	RF step forward, make ½ turn L putting weight on LF
3-4	RF step forward, make ½ turn L putting weight on LF
5-6	RF step diagonally R forward, LF step diagonally L forward
7-8	RF step back into center, LF close next to RF

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