

Hero

32 Count, 4 Wall, Intermediate, NC-Country

Choreographer: Linda McCormack (Scotland) May 2013

Choreographed to: Holding Out For A Hero by Ella Mae Bowen
(Footloose 2011 soundtrack.)

16 count intro, starting on main lyrics

1-8&9 Basic nightclub x 2 (R, L) side, behind, ¼, 2 ½ turn pivots.

- 1,2& Step RF to R side, close LF to RF, step RF across LF (1,2&);
3,4& Step LF to L side, close RF to LF, step LF across RF (3,4&);
5,6& Step RF to R side (5); cross LF behind RF (6); ¼ turn R stepping forward on RF to face 3pm (&);
7& Step forward on LF (7); pivot ½ turn to face 9pm (&);
8&1 Step forward on LF (8); pivot ½ turn to face back to 3pm (&); step forward on LF (1);

10-16&17 Forward, rock, recover, back, 3/8th step, L rock, recover, step, R rock, recover, back, ½ turn step, sweep.

- 2,3&4& Step forward on RF (2); rock forward on LF (3); recover weight back onto RF (&);
step back on LF (4); turning 3/8th over the R shoulder (to face 6.30pm) step forward on RF (&);
5,6& Rock forward on LF (5); recover weight back onto RF (6);
step LF to L side, straightening up to 6pm wall (&);
7&8&1 Rocking forward with RF 1/8th over the L shoulder into 4.30pm diagonal (7);
recover weight back on to LF (&); step back on RF (8); turn ½ turn over the L shoulder into opposite
diagonal, stepping forward on LF, facing 10.30pm (&); sweep RF round turning 3/8th back round to
the 6pm wall (1);

18-25&26 Cross, step, behind sweep, behind, step, cross, 2 x sways, ¼ rolling full turn.

- 2&3& From a continuation of the sweep cross RF over LF (2); step RF to R side (&);
cross RF behind LF (3); sweep LF around to back (&);
4&5 From a continuation of the sweep cross LF behind RF (4); step RF to R side (&);
cross LF over RF (5);
6,7 Step RF to R side and sway (6); sway to L side taking the weight on LF (7);
8&1 Rolling full turn, over the R shoulder (starting off with ¼ turn R stepping on RF,
finishing off with weight forward on RF) (8&1);

27-32& Rock and touch, ½ pivot, unwind full turn sweep, cross step forward, rock and half.

- 2&3 Rock forward on LF (2); recover weight back onto RF (&); touch LF back (3);
4,5 Pivot ½ turn over the L shoulder, taking the weight forward onto LF (4);
Full turn unwind and sweep, over the R shoulder (back on yourself) (5);
6&7 Cross RF behind LF (6); step LF to L side (&); step forward on RF (7);
&8& Rock forward on LF (&); recover weight back onto RF (8);
½ turn over the L shoulder, stepping forward on LF, facing 9pm (&);

Restart During 3rd wall, dance wall up to count 16 (instead of facing the diagonal 4.30pm,
face 6pm- back wall) weight will be on left foot ready to start dance of again on R foot.