

A Hero AB

Holding Out For A Hero — Adam Lambert



Débutant

CHORÉGRAPHE

Annemaree Sleeth

COMPTES

32

MURS

4

ANNÉE

TAGS

3

INTRODUCTION

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

SECTION 1 SEC 1 [1 - 8] OUT, OUT, IN, IN, STEP, SCUFF, STEP, SCUFF

COMPTES	PAS
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

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

COMPTES	PAS
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

SECTION 3 [17 - 24] VINE, TOUCH, ¼ VINE TOUCH

COMPTES	PAS
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

SECTION 4 [25 - 32] ADAPTED K STEP

COMPTES	PAS
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, Brush Right Forward (Ready to start again)

NOTES

Begin Again

TAG 1: 8 COUNTS End Of Wall 4 Starts @3 00 Danced Facing 12.00 V STEPS X 2

TAG 2: 4 COUNTS End Of Wall 6 Starts @9 00 Danced Facing 6.00 V Steps X 1

TAG 3: 4 COUNTS End Of Wall 8 Facing @3.00 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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