



EVERYONE NEEDS A HERO

Choreographed by
Roy Verdonk, Grace David & Jef Camps (January '23)

Choreographed to
"Holding Out For A Hero" by Adam Lambert



Intro: 16 counts after beat kicks in

64 COUNTS – INTERMEDIATE LEVEL – 2 WALL

Section 1 1&2 3-4 5&6 7-8	Scuff, Out-Out, Knee Swivel, Kick-Ball-Cross, Side Rock/Recover RF scuff forward, RF step out, LF step out Twist R-knee in, twist R knee out (weight stays on LF) RF kick in R diagonal, RF close on ball next to LF, LF cross over RF RF rock side, recover	
Section 2 1-2 3-4 5-6 7&8	Cross, ¼ Back, ½ Leg Swing, Step Forward, ¼ Pivot, Cross Samba RF cross over LF, ¼ turn R & LF step back Swing RF in the air while making ½ turn R on LF, RF step forward LF step forward, make ¼ turn R putting weight on RF LF cross over RF, RF step side, LF step side (<i>slightly travelling forward</i>)	3:00 9:00 12:00
Section 3 1-2 3-4 5-6 7-8	Rock Forward/Recover, ¼ Toe Strut, Rock Forward/Recover, Full Turn Back RF rock forward, recover on LF ¼ Turn R & RF step side on toes, RF drop heel down LF rock forward, recover on RF ½ turn L & LF step forward, ½ turn L & RF step back	3:00 3:00
Section 4 1&2 3-4 5-6 7&8	Coaster Step, Walk R-L, ¼ Slide, Drag, 1/8 Sailor Step LF step back, RF close next to LF, LF step forward RF walk forward, LF walk forward ¼ turn L & RF big step side, LF drag towards RF LF cross behind RF, RF step side, 1/8 turn L & LF step forward	12:00 10:30
Section 5 1-2 3&4 5-6 7&8	Step Forward, ½ Pivot, ½ Shuffle Back, Walks Back, Coaster Step RF step forward, make ½ turn L putting weight on LF ½ turn L & RF step back, LF close next to RF, RF step back LF walk back, RF walk back (<i>optional styling: swivel while walking back</i>) LF step back, RF close next to LF, LF step forward	4:30 10:30
Section 6 1-2 3&4 5-6 7&8	Heel Grind, 1/8 Side, Behind-Side-Cross, Slide, Drag, Kick-Ball-Cross RF step forward on heel, make 1/8 turn on R heel & LF step side RF cross behind LF, LF step side, RF cross over LF LF large step side, RF drag towards LF RF kick in R diagonal, RF close on ball next to LF, LF cross over RF	12:00
Section 7 1-2 3-4 5-6 7-8	2 x ¼ Monterey Turn RF point side, ¼ turn R & RF close next to LF LF point side, LF close next to RF RF point side, ¼ turn R & RF close next to LF LF point side, LF close next to RF	3:00 6:00
Section 8 1-2 3&4 5-6 7&8	Diagonal Rock/Recover, Behind-Side-Cross, Diagonal Rock/Recover, Coaster Step RF rock in R diagonal, recover on LF RF cross behind LF, LF step side, RF cross over LF LF rock in L diagonal, recover on RF LF step back, RF close next to LF, LF step forward	
EXTRA'S		
Tags: 1-2 3-4 5-6 7-8	After wall 2 (8c - 12:00), wall 3 (only first 4c - 6:00) and wall 4 (only first 4c- 12:00) RF step forward, make ½ turn L putting weight on LF RF step forward, make ½ turn L putting weight on LF RF step diagonally R forward, LF step diagonally L forward RF step back into center, LF close next to RF	