

A Hero AB

Count: 32 - Wall: 4

Level: Absolute Beginner

Choreographer: [Annemaree Sleeth](#) (AUS) - February 2023

Music: [Holding Out for a Hero](#) - Adam Lambert

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

OUT, OUT, IN, IN, STEP, SCUFF, STEP, SCUFF

- 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

BACK 4, SIDE TOUCH, SIDE TOUCH

- 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

VINE, TOUCH, $\frac{1}{4}$ VINE TOUCH

- 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 $\frac{1}{4}$ Left Step Left Forward, Scuff Right Forward

ADAPTED K STEP

- 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, Scuff Right Forward (Ready to start again)

Begin Again

TAG 1: 8 COUNTS End Of Wall 4 Starts @9.00 Danced Facing 12.00 V STEPS X 2

TAG 2: 4 COUNTS End Of Wall 6 Starts @3 00 Danced Facing 6.00 V Steps X 1

TAG 3: 4 COUNTS End Of Wall 8 Facing @9.00 Danced Facing 12.00 V Steps X 1

ENDING FACING BACK COMPLETE DANCE, STEP FORWARD, $\frac{1}{2}$ PIVOT, STEP FORWARD (CHASE TURN TO FRONT)