

# Holding Out For A Hero

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Adeline Cheng (Malaysia) & David Hoyn (Australia) March 2014

**Music:** Holding Out For A Hero by Bonnie Tyler (Album: Greatest Hits)

**Start: On Vocals on words "Where All The Good Men Gone"**

**(1-8) Touch Right Front, Touch Right Side, Right Coaster Step, Touch Left Front, Touch Left Side, Left Coaster Step**

1, 2 Touch Right Toe Fwd, Touch Right Toe To Right Side  
3&4 Step Right Back, Step Left Beside Right & Step Right Fwd  
5, 6 Touch Left Toe Fwd, Touch Left Toe To Left Side  
7&8 Step Left Back, Step Right Beside Left & Step Left Fwd

**(9-16) Step Right ½ Turn Left, Shuffle Forward Right, Step Left ½ turn Right, Step Left ½ Turn Right**

1,2 Step Right Forward, Turn ½ Turn Left Weight On Left,  
3&4 Step Forward on Right, Step Left next to Right, Step Forward on Right (Shuffle)  
5, 6 Step Left Forward, Turn ½ Turn Right Weight on Right, (12 O'clock)  
7, 8 Step Left Forward, Turn ½ Turn Right Weight On Right, (6 O'clock)

**(17-24) Rock Forward On Left, Rock Back On Right, ½ Turn Left Shuffle, Touch Right Toe Forward @ 45deg Right & High Right Knee, Right Behind, Left To Side, Right Cross Over Left.**

1, 2 Rock Forward Onto Left, Rock Back Onto Right  
3, 4 ½ Turn Left, Step Left Forward, Step Right beside Left, Step Left Forward (Shuffle)  
5, 6 Touch Right Toe Forward at 45deg Right, Right Forward Hitch  
7&8 Step Right Behind Left, & Step Left To Left Side, Right Over Left, (12 O'clock)

**(25-32) Turning 1 & ¼ Turn To Left, Touch Right Next To Left, Step Right Forward, Touch Left Beside Right, Step Forward Left, Touch Right Beside Left,**

1, 2 Make ¼ Turn Left Step Forward On Left, Make ½ Turn Left Step Back On Right  
3, 4 Make ½ Turn Left Step Forward On Left, Touch Right Next To Left, (9 O'clock)  
5, 6 Step Forward On Right, Touch Left Beside Right  
7, 8 Step Forward On Left, Touch Right beside left

**Tag 1: End Of Wall 7 (3 O'clock) Add Two Right Kick Ball Changes**

**Tag 2: End Of Wall 9 (9 O'clock) Add Two Right Kick Ball Changes**

**Tag 3: End Of Wall 14 (6 O'clock) Add Two Right Kick Ball Changes**

**Dance all the way till the song ends and you'll finish at the front wall**

**Start Again**

**We Hope You All Enjoy The Dance**

**See You All On The Dance Floor**

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