

Everyone Needs A Hero*

*This step sheet has been edited
for the sole use of SBLDC Members.
View the original at
Copperknob.com or Kickit.com

Weight: Left
Count: 64 Wall: 2 Level: Easy Intermediate
Choreographer: Roy Verdonk (NL), Grace David (KOR &
Jeff Camps (BEL) – January 2023
Music: Holding Out for a Hero -Adam Lambert
Intro 32: +16 cts

1 &2 3 4 5 &6 7 8
Scuff, Out-Out, Knee Swivel, Kick-Ball-Cross, Side Rock Recover (12:00)
R RL RR RRL RL

1 2 3 4 5 6 7 &8
Cross, ¼ Back, ½ Swing, Step, Pivot ¼, Cross-Samba (12:00)
R L R R LR LRL

1 2 3 4 5 6 7 8
Fwd Rock Recover, ¼ Toe Strut, Rock Recover, Full Turn (3:00)
R L RR LR LR

1 &2 3 4 5 6 7 &8
Coaster-Step, Walk, Walk, ¼ Slide Drag, 1/8 Sailor Step (10:30)
LRL R L R L LRL

1 2 3 &4 5 6 7 &8
Pivot ½, Shuffle-Back ½, Back (swivel), Back (swivel), Coaster-Step (10:30)
R RLR L R LRL

1 2 3 &4 5 6 7 &8
Heal Grind, 1/8 Side, Behind-Side-Cross, Slide, Touch, Kick-Ball-Cross (12:00)
R L RLR L R RRL

1 2 3 4 5 6 7 8
Monterey ¼, Point, Close, Monterey ¼, Point, Close (6:00)
RR L L RR L L

1 2 3 &4 5 6 7 &8
Rock Recover, Behind-Side-Cross, Rock Recover, Coaster-Step (6:00)
RL RLR LR LRL

Tags: 2X 8ct tag - Pivot ½; Pivot ½ Out-Out, In-In (12:00)
3X/4X - 4ct tag – Pivot ½, Pivot ½ (6:00); (12:00)

Watch on  <https://youtu.be/338U80kqryY?list=PLDOhmLjdC-GgzlgrUDhiYrcFRDSep0sth>