

## I Need A Hero

64 Count, 4 Wall, Intermediate Choreographer: Stephen & Claire Rutter (UK) Feb 2019

Choreographed to: Holding Out For A Hero by Glee Cast. Album: The Music Season 4, Volume 1

## 143 BPM

1-2

3&4

5-6 7-8

## **64 Count Intro**

Section 1	Walk Forward, Right Shuffle, Rocking Chair.
1-2	Step right forward, step left forward.
3&4	Step right forward, close left beside right, step right forward.
5-6	Rock forward on left, recover weight onto right.
7-8	Rock back on left, recover weight onto right. (12 o'clock)
Section 2	Forward Rock, Coaster Step, Pivot ½ Turn Left, Walk Forward.
1-2	Rock forward on left, recover weight onto right.
3&4	Step back on left, close right beside left, step forward on left.
5-6	Step forward on right, pivot a half turn left.
7-8	Step forward on right, step forward on left. (6 o'clock)
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Section 3	Step forward, Toe Tap, Step Back, ½ Turn Right, Step Forward, Toe Tap,
0000.00.	Step Back, ¼ Turn Left.
1-2	Step forward on right, tap left toe behind right.
3-4	Step back on left, make a half turn right stepping right forward.
5-6	Step forward on left, tap right toe behind left.
7-8	Step back on right, make a quarter turn left stepping left to left side.
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Section 4	Step Forward, Toe Tap, Step Back, Full Turn Right, Step Back, Left Shuffle Back.
1-2	Step forward on right, tap left toe behind right.
3-4	Step back on left, make a half turn right stepping forward onto right.
5-6	Make a half turn right stepping back on left, step back on right.
7&8	Step back on left, close right beside left, step back on left.
Section 5	Back Rock, Walk Forward, Weave, Toe Touch.
Section 5 1-2	Back Rock, Walk Forward, Weave, Toe Touch.  Rock back on right, recover weight onto left.
	Rock back on right, recover weight onto left.
1-2 3-4	Rock back on right, recover weight onto left. Step forward on right, step forward on left.
1-2 3-4 <b>Restart:</b>	Rock back on right, recover weight onto left. Step forward on right, step forward on left. Restart dance here on wall 4 (facing 12 o'clock).
1-2 3-4 <b>Restart:</b> 5-6	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side.
1-2 3-4 <b>Restart:</b>	Rock back on right, recover weight onto left. Step forward on right, step forward on left. Restart dance here on wall 4 (facing 12 o'clock).
1-2 3-4 <b>Restart:</b> 5-6 7-8	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.
1-2 3-4 <b>Restart:</b> 5-6 7-8 <b>Section 6</b>	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, 1/4 Turn Right, Shuffle 1/2 Turn Right.
1-2 3-4 <b>Restart:</b> 5-6 7-8 <b>Section 6</b> 1-2	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side.  Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, 1/4 Turn Right, Shuffle 1/2 Turn Right. Cross left over right, step right to right side.
1-2 3-4 <b>Restart:</b> 5-6 7-8 <b>Section 6</b> 1-2 3-4	Rock back on right, recover weight onto left.  Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock).  Cross right over left, step left to left side.  Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, 1/4 Turn Right, Shuffle 1/2 Turn Right.  Cross left over right, step right to right side.  Cross left behind right, touch right toe to right side.
1-2 3-4 <b>Restart:</b> 5-6 7-8 <b>Section 6</b> 1-2 3-4 5-6	Rock back on right, recover weight onto left.  Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock).  Cross right over left, step left to left side.  Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right.  Cross left over right, step right to right side.  Cross left behind right, touch right toe to right side.  Cross right over left, make a quarter turn right stepping back on left.
1-2 3-4 <b>Restart:</b> 5-6 7-8 <b>Section 6</b> 1-2 3-4	Rock back on right, recover weight onto left.  Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock).  Cross right over left, step left to left side.  Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, 1/4 Turn Right, Shuffle 1/2 Turn Right.  Cross left over right, step right to right side.  Cross left behind right, touch right toe to right side.
1-2 3-4 <b>Restart:</b> 5-6 7-8 <b>Section 6</b> 1-2 3-4 5-6 7&8	Rock back on right, recover weight onto left.  Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock).  Cross right over left, step left to left side.  Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right.  Cross left over right, step right to right side.  Cross left behind right, touch right toe to right side.  Cross right over left, make a quarter turn right stepping back on left.  Make a half turn right stepping right, left, right.
1-2 3-4 <b>Restart:</b> 5-6 7-8 <b>Section 6</b> 1-2 3-4 5-6	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold,
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse.
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold.
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side.
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold.
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. Make a quarter turn left stepping left to left side, Hold.
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left. Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. Make a quarter turn left stepping left to left side, Hold.  Make a quarter turn left stepping right to right side, close left beside right,
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left.  Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. Make a quarter turn left stepping left to left side, Hold.
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left. Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. Make a quarter turn left stepping left to left side, Hold.  Make a quarter turn left stepping right to right side, close left beside right,
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left. Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side.  Make a quarter turn left stepping right to right side, close left beside right, step right to right side.
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left. Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. The Right Chasse's can be just replaced with -
1-2 3-4 Restart: 5-6 7-8 Section 6 1-2 3-4 5-6 7&8 Section 7	Rock back on right, recover weight onto left. Step forward on right, step forward on left. Restart dance here on wall 4 (facing 12 o'clock). Cross right over left, step left to left side. Cross right behind left, touch left toe to left side.  Weave, Toe Touch, Cross, ¼ Turn Right, Shuffle ½ Turn Right. Cross left over right, step right to right side. Cross left behind right, touch right toe to right side. Cross right over left, make a quarter turn right stepping back on left. Make a half turn right stepping right, left, right.  Side Step, Hold, ¼ Turn Left Into Right Chasse, ¼ Turn Left, Hold, ¼ Turn Left Into Right Chasse. Step left to left side, Hold. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. Make a quarter turn left stepping right to right side, close left beside right, step right to right side. The Right Chasse's can be just replaced with -

Cross Rock left over right, recover weight onto right.

Cross right over left, step back on left.

Step right to right side, step left forward.

Step left to left side, close right beside right, step left to left side.

Tags: At the end of wall 5 (Facing 9 o'clock) and wall 7 (Facing 3 o'clock) there is a 4 count tag,

which is just to repeat the last 4 counts of the dance (Jazz Box),

so this will mean you'll do two Jazz Boxes consecutively on those 2 occasions.

Ending: When The Music Approaches the end you will have danced 36 counts of the dance

(up to back rock, walk forward – Sec 5), so then cross right over left, make a quarter turn right stepping back on left and then step right to

right side for a big finish!



, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768\*\*changed at 10p per minute

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