



Chorégraphe : Linda McCOMACK - ECOSSE - U. K. / Mai 2013

LINE Dance : 32 temps - 4 murs

Niveau : intermédiaire

Musique : **Holding out for a hero - Ella Mae BOWEN - BPM 110**

Traduit et préparé par Irène COUSIN, Professeur de Danse - 1 / 2015

Chorégraphies en français, site : <http://www.speedirene.com>

Introduction : 16 temps

BASIC NIGHTCLUB X 2 (RIGHT, LEFT) SIDE, BEHIND, 1/4, 2 1/2 TURN PIVOTS.

- 1.2& **grand** pas PD côté D - pas PG à côté du PD - CROSS PD devant PG
3.4& **grand** pas PG côté G - pas PD à côté du PG - CROSS PG devant PD
5.6& VINE à D syncopé : pas PD côté D - CROSS PG derrière PD - pas PD côté D - **3 : 00** -
7& pas PG avant - 1/2 tour PIVOT vers D (*appui PD*) - **9 : 00** -
8&1 pas PG avant - 1/2 tour PIVOT vers D (*appui PD*) - **3 : 00** - pas PG avant

FORWARD, ROCK, RECOVER, BACK, 3/8TH STEP,

LEFT ROCK, RECOVER, STEP, RIGHT ROCK, RECOVER, BACK, 1/2 TURN STEP, SWEEP.

- 2 pas PD avant
3&4 ROCK STEP *syncopé* G avant, revenir sur PD arrière - pas PG arrière
& **3/8 de tour D** pas PD avant - **6 : 30** -
5.6& ROCK STEP *syncopé* G avant, revenir sur PD arrière - pas PG côté G - **6 : 00** -
7&8 ROCK STEP *syncopé* D avant, **1/8 de tour G** revenir sur PG arrière - **4 : 30** - pas PD arrière
RESTART : ici, sur le 3^{ème} mur, après 16 temps - 6 : 00 - et reprendre la Danse au début (appui PG)
& **1/2 tour G** pas PG avant - **10 : 30** -
1 *SWEEP-RONDÉ* pointe PD en dedans (*d'arrière en avant*) **3/8 de tour G** - **6 : 00** -

[18-26] CROSS, STEP, BEHIND SWEEP, BEHIND, STEP, CROSS, 2 X SWAYS, 1/4 ROLLING FULL TURN.

- 2& CROSS PD devant PG - pas PD côté D
3& CROSS PD derrière PG - *SWEEP-RONDÉ* pointe PG en dehors (*d'avant en arrière*)
4&5 BEHIND-SIDE-CROSS G : CROSS PG derrière PD - pas PD côté D - CROSS PG devant PD
6.7 pas PD côté D SWAY à D → - SWAY à G ← (*appui PG*)
8&1 ROLLING VINE à D : **1/4 de tour D** pas PD avant
..... **1/2 tour D** pas PG arrière - **1/2 tour D** pas PD avant

[27-32&] ROCK AND TOUCH, 1/2 PIVOT, UNWIND FULL TURN SWEEP, CROSS STEP FORWARD, ROCK AND HALF.

- 2&3 ROCK STEP *syncopé* G avant, revenir sur PD arrière - TOUCH pointe PG arrière
4.5 **1/2 tour G** pas PG avant - *UNWIND* FULL TURN D (*tourner sur soi-même*)
6&7 BEHIND-SIDE-CROSS D : CROSS PD derrière PG - pas PG côté G - CROSS PD devant PG
&8 ROCK STEP *syncopé* G avant, revenir sur PD arrière
& **1/2 tour G**, sur *BALL* du PD pas PG avant - **9 : 00** -

Hero



Choreographed by **Linda McCormack** - Scotland - U. K. (May 2013)

Description : 32 count, 4 wall, Intermediate Line Dance

Music : **Holding out for a hero by Ella Mae Bowen**

(Footloose 2011 soundtrack) / amazon.co.uk or amazon.com / iTunes

Please ensure the music is the version from the album : the one at 5.20 minutes long, as there is a shorter one.

Count in : 16 count intro, starting on the main lyrics.

Notes : 1 restart on wall 3, restart after count 16 (facing 6 o'clock.)

[1-9] Basic nightclub x 2 (R, L) side, behind, ¼, 2 ½ turn pivots.

- 1,2& Step RF to R side, close LF to RF, step RF across LF (1,2&);
- 3,4& Step LF to L side, close RF to LF, step LF across RF (3,4&);
- 5,6& Step RF to R side (5); cross LF behind RF (6); ¼ turn R stepping forward on the RF to face 3pm (&);
- 7& Step forward on the LF (7); pivot ½ turn to face 9pm (&);
- 8&1 Step forward on the LF (8); pivot ½ turn to face back to 3pm (&); step forward on the LF (1);

[10-17] Forward, rock, recover, back, 3/8th step, L rock, recover, step, R rock, recover, back, ½ turn step, sweep.

- 2 Step forward on RF (2)
- 3&4 Rock forward on the LF (3); recover weight back onto RF (&); step back on the LF (4)
- & Turning 3/8th over the R shoulder (to face 6.30pm) step forward on the RF (&)
- 5,6& Rock forward on the LF (5); recover weight back onto RF (6); step LF to L side, straightening upto the 6pm wall (&);
- 7 Rocking forward with the RF 1/8th over the L shoulder into the 4.30pm diagonal (7)
- &8 Recover weight back onto the LF (&); step back on the RF (8)
- & Turn ½ turn over the L shoulder into opposite diagonal, stepping forward on the LF, facing 10.30pm (&)
- 1 Sweep the RF round turning 3/8th back round to the 6pm wall (1)

[18-26] Cross, step, behind sweep, behind, step, cross, 2 x sways, ¼ rolling full turn.

- 2& From a continuation of the sweep cross the RF over the LF (2); step the RF to the R side (&)
- 3& Cross RF behind LF (3); sweep LF around to back (&);
- 4&5 From a continuation of the sweep cross the LF behind the RF (4); step RF to R side (&); cross LF over RF (5);
- 6,7 Step RF to R side and sway (6); sway to the L side taking the weight on the LF (7);
- 8&1 Rolling full turn, over the R shoulder (starting off with ¼ turn R stepping on the RF, finishing off with weight forward on the RF) (8&1);

[27-32&] Rock and touch, ½ pivot, unwind full turn sweep, cross step forward, rock and half.

- 2&3 Rock forward on the LF (2); recover weight back onto the RF (&); touch the LF back (3);
- 4,5 Pivot ½ turn over the L shoulder, taking the weight forward onto the LF (4); Full turn unwind and sweep, over the R shoulder (back on yourself) (5);
- 6&7 Cross RF behind LF (6); step LF to L side (&); step forward on the RF (7);
- &8 Rock forward on the LF (&); recover weight back onto the RF (8)
- & ½ turn over the L shoulder, stepping forward on the LF, facing 9pm (&);

Restart : During 3rd wall, dance wall up to count 16 (instead of facing the diagonal 4.30pm, face 6pm- back wall) weight will be on left foot ready to start dance of again on R foot.

Contact : lindamccormack@live.com

<http://www.copperknob.co.uk/>