

Everyone Needs a Hero

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Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Roy Verdonk (NL), Grace David (KOR) & Jef Camps (BEL) - January 2023

Music: - Adam Lambert

Intro: 16 counts after beat kicks in

Section 1: Scuff, Out-Out, Knee Swivel, Kick-Ball-Cross, Side Rock/Recover

1&2RF scuff forward, RF step out, LF step out

3-4 Twist R-knee in, twist R knee out (weight stays on LF)

5&6RF kick in R diagonal, RF close on ball next to LF, LF cross over RF

7-8RF rock side, recover

Section 2: Cross, ¼ Back, ½ Leg Swing, Step Forward, ¼ Pivot, Cross Samba

1-2RF cross over LF, ¼ turn R & LF step back 3:00

3-4 Swing RF in the air while making ½ turn R on LF, RF step forward 9:00

5-6LF step forward, make ¼ turn R putting weight on RF 12:00

7&8LF cross over RF, RF step side, LF step side (slightly travelling forward)

Section 3: Rock Forward/Recover, ¼ Toe Strut, Rock Forward/Recover, Full Turn Back

1-2RF rock forward, recover on LF 3:00

3-4¼ Turn R & RF step side on toes, RF drop heel down

5-6LF rock forward, recover on RF 3:00

7-8½ turn L & LF step forward, ½ turn L & RF step back

Section 4: Coaster Step, Walk R-L, ¼ Slide, Drag, 1/8 Sailor Step

1&2LF step back, RF close next to LF, LF step forward

3-4RF walk forward, LF walk forward

5-6¼ turn L & RF big step side, LF drag towards RF 12:00

7&8LF cross behind RF, RF step side, 1/8 turn L & LF step forward 10:30

Section 5: Step Forward, 1/2 Pivot, 1/2 Shuffle Back, Walks Back, Coaster Step

1-2RF step forward, make 1/2 turn L putting weight on LF 4:30

3&4 1/2 turn L & RF step back, LF close next to RF, RF step back 10:30

5-6LF walk back, RF walk back (optional styling: swivel while walking back)

7&8LF step back, RF close next to LF, LF step forward

Section 6: Heel Grind, 1/8 Side, Behind-Side-Cross, Slide, Drag, Kick-Ball-Cross

1-2RF step forward on heel, make 1/8 turn on R heel & LF step side 12:00

3&4RF cross behind LF, LF step side, RF cross over LF

5-6LF large step side, RF drag towards LF

7&8RF kick in R diagonal, RF close on ball next to LF, LF cross over RF

Section 7: 2 x 1/4 Monterey Turn

1-2RF point side, 1/4 turn R & RF close next to LF 3:00

3-4LF point side, LF close next to RF

5-6RF point side, 1/4 turn R & RF close next to LF 6:00

7-8LF point side, LF close next to RF

Section 8: Diagonal Rock/Recover, Behind-Side-Cross, Diagonal Rock/Recover, Coaster Step

1-2RF rock in R diagonal, recover on LF

3&4RF cross behind LF, LF step side, RF cross over LF

5-6LF rock in L diagonal, recover on RF

7&8LF step back, RF close next to LF, LF step forward

EXTRA'S

Tags: After wall 2 (8c - 12:00), wall 3 (only first 4c - 6:00) and wall 4 (only first 4c-12:00)

1-2RF step forward, make $\frac{1}{2}$ turn L putting weight on LF

3-4RF step forward, make $\frac{1}{2}$ turn L putting weight on LF

5-6RF step diagonally R forward, LF step diagonally L forward

7-8RF step back into center, LF close next to RF

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=167154