

# A Hero ab

---

**Count:** 32

**Wall:** 4

**Level:** AB Beginner

**Choreographer:** Annemaree Sleeth (AUS) - FEBRUARY 2023

**Music:** Holding Onto A Hero – Adam Lambert

---

Intro 16 beats Counts After heavy beats

**Dance Begins On 16 Counts from heavy beat Note For Abs I don't teach Tags to Begin with Feel Free to dance through them**

**SEC 1 [1 – 8] OUT, OUT, IN, IN, STEP, SCUFF, STEP, SCUFF**

1 – 2 Step Right Out side, Step Left Out to Side  
3 – 4 Step Right Back, Step Left Beside Right  
5 – 6 Step Right Forward, Scuff Left Low Across Right  
7 – 8 Step Left Forward, Scuff Right A Tiny Bit Forward

**SEC 2 [9 - 16] BACK 4, SIDE TOUCH, SIDE TOUCH**

1 – 2 Step Right Back, Step Left Back  
3 – 4 Step Right Back, Step Left Beside Right (wgtL)  
5 – 6 Step Right Side, Touch Left Beside Right  
7 – 8 Step Left Side, Touch Right Beside Left

**SEC 3 [17 – 24] VINE, TOUCH, ¼ VINE TOUCH**

1 – 2 Step Right Side, Cross Left Slightly Behind Right  
3 – 4 Step Right Side, Touch left Beside Right  
5 – 6 Step Left Side, Cross Right Slightly Behind Left,  
7 – 8 Turn ¼ Left Step Left Forward, Scuff Right Forward

**SEC 4 [25 – 32] ADAPTED K STEP**

1 – 2 Step Right Forward, Touch Left Behind Right  
3 – 4 Step Left Back, Kick Right Slightly Forward/Touch  
5 – 6 Step Right Back, Touch Right Across Left  
7 – 8 Step Left Forward, Scuff Right Forward (Ready to start again)

**Begin Again**

TAG 1 8 COUNTS End Of Wall 4 Starts @9.00 Danced Facing 12.00 V STEPS X 2

TAG 2 4 COUNTS End Of Wall 6 Starts @3.00 Danced Facing 6.00 V Steps X 1

TAG 3 4 COUNTS End Of Wall 8 Facing @9.00 Danced Facing 12.00 V Steps X 1

ENDING FACING BACK COMPLETE DANCE, STEP FORWARD, ½ PIVOT, STEP FORWARD (CHASE TURN TO FRONT)

**EMAIL** [inlinedancing@gmail.com](mailto:inlinedancing@gmail.com)

**YOUTUBE** [Frederina521 \(Annemaree Sleeth\)](https://www.youtube.com/channel/UCFrederina521)