

# A Hero For Bonnie

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**Count:** 64

**Wall:** 2

**Level:** Newcomer

**Choreographer:** Chatti the Valley (January 2020)

**Music:** "Holding Out for a Hero" de Bonnie Tyler

**Intro: Pre (12) 32+32 Bpm: 148**

**[1-8]: Right GRAPEVINE Cross, Right CHASSE, Left back ROCK STEP.**

- 1 Step right to right side
- 2 Step left behind right foot
- 3 Step right to right side
- 4 Cross left over right
- 5 Step right to right side
- & Step left beside right foot
- 6 Step right to right side
- 7 Step left behind right foot
- 8 Recover weight on right

**[9-16]: Left GRAPEVINE Cross, left CHASSE, right Back ROCK STEP.**

- 1 Step left to left side
- 2 Step right behind left foot
- 3 Step left to left side
- 4 Cross right over left
- 5 Step left to left side
- & Step right beside left foot
- 6 Step left to left side
- 7 Step right behind left foot
- 8 Recover weight on left

**[17-24]: Right OUT-OUT, IN-IN "V" STEPS ¼ TURN X 2**

- 1 Step right forward diagonal right
- 2 Step left forward diagonal left

**3¼ turn right, step right back to centre (3:00)**

- 4 Step left back beside right foot
- 5 Step right forward diagonal right
- 6 Step left forward diagonal left

**7¼ turn right, step right back to centre (6:00)**

- 8 Step left back beside right foot

**[25-32]: Right OUT-OUT, IN-IN, JAZZ BOX.**

- 1 Step right forward diagonal right
- 2 Step left forward diagonal left
- 3 Step right back to centre
- 4 Step left back beside right foot
- 5 Cross right over left
- 6 Step left back
- 7 Step right to right side
- 8 Cross left over right

**[33-40]: Right CHASSE, ¼ TURN Left CHASSE, ¼ TURN Right CHASSE, ¼ TURN Right CHASSE.**

- 1 Step right to right side
- & Step left beside right foot
- 2 Step right to right side

**3¼ turn left, step left to left side (3:00)**

- & Step right beside left foot
- 4 Step left to left side

**5¼ turn left, step right to right side (12:00)**

- & Step left beside right foot
- 6 Step right to right

**7¼ turn left, step left to left side (9:00)**

- & Step right
- 8 Step left to left side

**[41-48]: Right SIDE, TOUCH, ¼ TURN Left SIDE, TOUCH, Right ROCKING CHAIR.**

- 1 Step right to right side
- 2 Touch left beside right foot

**3¼ turn left, step left forward (6:00)**

- 4 Touch right beside left foot
- 5 Step right forward
- 6 Recover weight on left foot
- 7 Step right back
- 8 Recover weight on left foot

**[49-56]: Right LONG SIDE, SHIMMY, TOGETHER X 2.**

- 1 Long step right to right side
- 2-3 Shake your shoulders
- 4 Step left beside right foot
- 5 Long step right to right side
- 6-7 Shake your shoulders
- 8 Step left beside right foot

**[57-64]: Left ROLLING GRAPEVINE, Right JAZZ BOX.**

**1¼ turn left, step left forward**

**2½ turn left, step right back**

**3¼ turn left, step left to left side (6:00)**

- 4 Scuff right beside left foot
- 5 Cross right over left
- 6 Step left back
- 7 Step right to right side
- 8 Cross left over right

## **START AGAIN**

**RESTARTS: During walls 3 and 6 (Third and Sixth), dance until counts 32 and 16 respectively.**

**TAG: At the end of 4 and 5 walls (Fourth and Fifth), repeat the Right JAZZ BOX.**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=140189](https://www.linedance.com/index.php?f=dance_view&id=140189)