

Holding out for a Hero

LEVEL: Advanced
ARTIST: Frou Frou
MUSIC: "Shrek 2" Soundtrack
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STYLE: Pop - Medium Tempo
SEQUENCE: **A,B,C,1/2A,B,C,BREAK,D,A,C,C,ENDING.**
WAIT: Start after Guitar
 OR Wait 16 beats after guitar and do 1/2 of A(no turns).

BEATS No. QUICK CUES **BEATS No. QUICK CUES**

	Part A (32 beats)
4	Heel Slur Basic (1/4 L)
4	2 Toe Buck Basics
24	Repeat 3 Times
	Part B (32 beats)
8	Rooster Drag (1/4 L)
4	Canadian Kick Basic(1/4 L)
4	2 Basics
8	Huckle Half
4	2 Drag Basics(1/2 R)
2	Half Flare
2	Slip Rock
	Part C (32 beats)
8	Hero Vine (1/2 L)
4	Sync Run
4	Double Fast Ball
8	Hero Vine (1/2 L)
4	Buck Basic Skuff
4	Buck Joey
	1/2 Part A (16 beats)
4	Heel Slur Basic(NO TURN)
4	2 Toe Buck Basics
8	Repeat
	Part B (32 beats)
8	Rooster Drag (1/4 l)
4	Canadian Kick Basic(1/4 L)
4	2 Basics
8	Huckle Half
4	2 Drag Basics (1/2 R)
2	Half Flare
2	Slip Rock
	Part C (32 beats)
8	Hero Vine (1/2 L)
4	Sync Run
4	Double Fast Ball
8	Hero Vine (1/2 L)
4	Buck Basic Skuff
4	Buck Joey

	Break (8 beats)
8	2 Heel Pull Basics
	(1/2 R & 1/2 L)
	Part D (32beats)
8	Hell Step Twice
4	Quick Doubles
4	Mountain goat
8	Samantha Badada
8	Sweat Step
	Part A (32 beats)
4	Heel Slur Basic (1/4 L)
4	2 Toe Buck Basics
24	Repeat 3 Times
	Part C (32 beats)
8	Hero Vine (1/2 L)
4	Sync Run
4	Double Fast Ball
8	Hero Vine (1/2 L)
4	Buck Basic Skuff
4	Buck Joey
	Part C (32 beats)
8	Hero Vine (1/2 L)
4	Sync Run
4	Double Fast Ball
8	Hero Vine (1/2 L)
4	Buck Basic Skuff
4	Buck Joey
	Ending (9 beats)
8	2 Heel Pull Basics
	(1/2 R & 1/2 L)
1	Rock Step



HEEL SLUR BASIC(1/4L)(4)

(P)H(WGT)(OTS)SLUR-S(XIB) [DS RS](1/4 L)
 L R R L RL
 & 1 & 2 &3 &4

TOE BUCK BASIC(R)(2)

DS TT(BK)-BA_TCHH-BA
 R L L R R
 &1 e & a 2

ROOSTER DRAG(1/4L)(8)

DS DS(XIF) BA(OTS) BA(XIB) BA(OTS) BA(XIF) [DR S RS](1/4L) DS RS
 L R L R L R R L RL R LR
 &1 &2 & 3 & 4 & 5 &6 &7 &8

CANADIAN KICK BASIC(1/4L)(4)

DT-BA DT_HOP_TCH DR/K S TT(BK)-BA_TCHH-BA
 L L R L R L/R R L L R R
 &a 1 e& a 2 & 3 e & a 4

BASIC(2)

DS RS
 L RL
 &1 &2

HUCKLE HALF(8)

DS DS(XIF) T-BA H-BA(OTS) H-FL(SWIVEL) TT(XIB)-BA(OTS) H-BA H-BA DS RS
 L R L L R R L L R R L L R R L RL
 &1 &2 e & a 3 & 4 & 3 5 e & a 6 &7 &8

DRAG BASIC(2)

DR S RS
 L R LR
 & 1 &2

HALF FLARE(R)(2)

DT(OTS) H RS(XIF)
 R L RL
 & 1 &2

SLIP ROCK(R)(2)

DT HTCH/BA R(OTS)S(XIF)
 R L/R L R
 & 1 & 2

HERO VINE(1/2L)(8)

DS TnDn(XIF)_T-BA_H-S(XIF)S(OTS) S(XIB) SLR(OTS)-S TnDn(XIF)DS(OTS) RS
 L R L L R R L R L R L RL
 &1 &2 e & a 3 & 4 & 5 &6 &7 &8

SYNC RUN(R)(4)

(P)S RS S RS S
 R LR L RL R
 & 1 &2 & 3& 4

TENNESSEE DOWN(TnDn)(1)

SK_DR-POP_SLAP-S
 L R L L
 e & a 1

DOUBLE FAST BALL(4)

DS DS S DT-RS S
 L R L R RL R
 &1 &2 & a3 e& 4

BUCK BASIC SKUFF(R)(4)

DS T-BA_H-S JMP SK HOP RS
 R L L R R L R L RL
 &1 e & a 2 & a 3 &4

BUCK JOEY(R)(4)

DS T-BA(XIB)_H-BA H-BA_T-BA(XIB) H-BA_H-S(OTS)
 R L-L R-R L-L R-R L-L R-R
 &1 e & a 2 e & a 3 e & a 4

HEEL PULL BASIC(1/2R)(4)

(P) H(WGT) PULL-S (1/2R) DS RS
 L R R L RL
 & 1 & 2 &3 &4

HELL STEP TWICE(8)

DS_DT H TT(BK)TT(BK) S DT-BA(BK)TH(F)S DT H TT(BK) TT(BK)S DT-BA(BK) TH(F)
 L R L R R R L L R L R L R R R L L R
 &1 e& a 2 & 3 e& a 4& 5 e& a 6 & 7 e& a 8&

QUICK DOUBLES(4)

(P) S_DT-BA_DT-BA_DT-BA BA S
 L R R L L R R L R
 & 1 e& a 2e & a3 e & 4

MOUNTAIN GOAT(4)

DS BA(XIF) BA(OTS) BA(OTS) BA(XIF) BA(XIB) SL
 L R L R L R L R
 &1 & 2 & 3 & 4

SAMANTHA BADADA(8)

DS DS(XIF) DR S(BK) DR S(BK) R(BK) S TT(BK)DR TCH-S TT(BK) DR TCH(F)S(F)
 L R R L L R L R L R L L R L R R
 &1 &2 & 3 & 4 & 5 e & 6 & a 7 & 8

SWEAT STEP(8)

DS H(WGT)H-BA R H-BA STA STO (P) S T-BA(BK) T-BA(BK) T-BA(BK) T-BA(BK)
 L R L L R L L R R L R R L L R R L L
 &1 & a 2 & a 3 & 4 5 e & a 6 e& a 7

H/BA LIFT/SL
 L/R L/R
 & 8