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## Holding Out For Shrek

Phrased, intermediate/advanced level  
Choreographer: Ross Brown (UK) July 2004  
Choreographed to: Holding Out For A Hero by  
Jennifer Saunders from Shrek 2 Soundtrack

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Count In: 12 when main beat kicks in  
Phrasing - A,A,B,Tag,Tag - A,A,B,Tag - A,A,B - B,B,B - A,Tag,A,B,C

### Part A

#### **SIDE, BEHIND & CROSS, 3/4 UNWIND, ROCK BACK, FULL TURN OVER TWO STEPS**

1-2&: Side step right to the right, cross step left behind right, step right next to left.  
3-4: Cross step left over right, unwind 3/4 right.  
5-6: Rock back with right, recover onto left.  
7-8: Step back onto right, turning a half left, step forward onto left turning a half left.

#### **SWEEP, STEP, SWEEP, STEP, KICK, KICK, TAP, TAP**

1-2: Sweep right from behind left to in front of left, step onto right.  
3-4: Sweep left from behind right to in front of right, step onto left.  
5-6: Kick right foot forward twice.  
7-8: Tap right next to left twice.

#### **ROLL TURN, ROLL TURN, ROLL, BEHIND, SIDE**

1-2: Roll hips to the right, roll hips to the left turning a quarter right.  
3-4: Roll hips to the right, roll hips to the left turning a quarter right.  
5-6: Roll hips to the right, roll hips to the left. (weight ends on left)  
7-8: Cross step right behind left, side step left to the left.

#### **HEEL TURN, SIDE STEP, HEEL TURN, SIDE STEP, JAZZ BOX**

1-2: Step right heel across left pointing diagonally forward left, side step left to the left turning right heel to point diagonally forward right.  
3-4: Step right heel across left pointing diagonally forward left, side step left to the left turning right heel to point diagonally forward right.  
5-6: Cross step right over left, step back with left.  
7-8: Step right to the right, step forward with left.

### Part B

#### **CROSS ROCK, SIDE, CROSS, ROCKING CHAIR**

1-2: Cross rock right over left, recover onto left.  
3-4: Side step right to the right, cross step left over right.  
5-6: Rock forward with right, recover onto left.  
7-8: Rock back with right, recover onto left.

#### **ROCKING CHAIR, SIDE STEP, DRAG, ROCK BACK**

1-2: Rock forward with right, recover onto left.  
3-4: Rock back with right, recover onto left.  
5-6: Large side step to the right with right, drag left up to right keeping weight on right.  
7-8: Rock back with left, recover onto right.

#### **VINE, TOUCH, CROSS STEP, TWISTS**

1-2: Side step left to the left, cross right behind left.  
3-4: Side step left to the left, touch right next to left.  
5: Cross step right over left.  
6-8: Twist body 1/4 left, twist body 1/4 right, twist body 1/2 left weight ending on left.

Note: Rocking chairs in part B are slightly diagonally forward left/back right.

### Part C

#### **TWISTS, ROCK FORWARD, COASTER STEP, ROCK FORWARD**

1-2: Twist body a 1/4 right, twist body a 1/4 left.  
3-4: Rock forward with right, recover onto left.  
5&6: Step back with right, step left next to right, step forward with right.  
7-8: Rock forward with left, recover onto right.

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**HALF SHUFFLE, ROCK FORWARD, COASTER STEP, ROCK FORWARD**

1&2: Step back onto left turning a 1/4 left, bring right up to left turning a 1/4 left, step forward with left.

3-4: Rock forward with right, recover onto left.

5&6: Step back with right, step left next to right, step forward with right.

7-8: Rock forward with left, recover onto right.

**HALF SHUFFLE X4**

1&2: Step back onto left turning a 1/4 left, bring right up to left turning a 1/4 left, step forward with left.

3&4: Step back onto right turning a 1/4 left, bring left up to right turning a 1/4 left, step back with right.

5&6: Step back onto left turning a 1/4 left, bring right up to left turning a 1/4 left, step forward with left.

7&8: Step back onto right turning a 1/4 left, bring left up to right turning a 1/4 left, step back with right.

**ROCK BACK, STOMP, STOMP**

1-2: Rock back with left, recover onto right.

3-4: Stomp left foot forward, stomp right foot next to left.

**Tag: CROSS STEP, TWISTS**

1: Cross step right over left.

2-4: Twist body a 1/4 left, twist body a 1/4 right, twist body a 1/2 left weight ending on left.