

My Hero (Shrek)

32 count, 4 wall, beginner level

Choreographer: Jodie Norman (UK) July 2004

Choreographed to: Holding Out For A Hero by
Jennifer Saunders as The Fairy Godmother from
Shrek 2 Soundtrack

Start 12 (when main beat kicks in)

HEEL & HEEL & HEEL & HEEL & HEEL (1/4), POINT, HOOK, PLACE

- 1&: Tap right heel forward, place right next to left.
- 2&: Tap left heel forward, place left next to right turning an eighth left.
- 3&4&: Repeat steps 1&, 2& of this section.
- 5&: Tap right heel forward, place right next to left.
- 6-7: Point left to the left, hook left foot behind right.
- 8: Place left foot putting weight onto left.

HEEL FORWARD X4

- 1-2: Tap right heel forward, place right next to left.
- 3-4: Tap left heel forward, place left next to right.
- 5-8: Repeat steps 1-4 of this section.

POINT & POINT & POINT & POINT & POINT & POINT (1/4), WALK, WALK

- 1&: Point right to the right, place right next to left.
- 2&: Point left to the left, place left next to right turning an eighth left.
- 3&4&: Repeat steps 1&, 2& of this section.
- 5&: Point right to the right, place right next to left.
- 6: Point left to the left.
- 7-8: Walk forward; left, right.

TOUCH, 1/4 SIDE STEP, TOUCH, SIDE STEP, TOUCH, SIDE CHASSE

- 1-2: Touch left behind right, step left to the left turning a quarter left.
- 3-5: Touch right next to left, step right to the right, touch left next to right.
- 6-8: Step right to the right, bring left up to right, step right to the right.