

HOLDING OUT FOR A HERO

Frou Frou

CD: "Shrek 2" Soundtrack

Pop / Medium Tempo

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Start with Left Foot

ADVANCED 5/07

INTRO: Start right after Guitar OR Wait 16 beats after guitar & do 1/2 of A (no turns)

PART A: (32 beats)

4 [Heel Slur Heel Slur S DS RS (turn 1/4 L)
L L RL RL
2 Toe Basics DS Toe Ball(xib) Heel Step DS Toe Ball(xib) Heel Step
R L L R R L R R L L

PART B: (32 beats)

Rooster Dragger (1/4 L) DS DS(xif) S(ots) S(xib) S(ots) S(xif) Dr S RS DS RS
L R L R L R R L R LR LR

Canadian Kick (1/4 L) DS D/Hop Tch Dr/Kick S Toe Ball Heel Step
L R L R L R R L L R R

2 Basics DS RS DS RS

Huckle Half DS DS(xf) Toe Ba(xb) Hl Ba Hl TSN(swivel) Tap(xb)
L R L L R R L L R
S(os) Hl Ba Hl Ba DS RS
R L L R R L RL

Drag Basics (1/2 R) Dr SRS Dr SRS
L RLR R LRL

Double Out DT(ots)/Hl click RS
R L RL

Slip Rock D/Hl R(ots) S(xif)
R L L R

PART C: (32 beats)

Burton Slide (1/2 L) DS SK(xf) DR BR(b) S(xf) Toe Ba(b) Hl S(xf) S(os)
L R L R R L L RR L
&1 e & a 2 e & a 3 &
S(xb) Pull(xf) S(os) SK(xf) DR BR(b) S(xf) DS(os) RS
R L L R L R R L RL
4 & 5 e & a 6 & 7 & 8

Syncopated Rock (p) S RS S RS S
R LRL RL R
& 1 & 2 & 3 & 4

Double Fastball DS DS Ba DtBa(b) Ba(b) S(fwd)
L R L R L R
&1 & 2 & a 3e & 4

Burton Slide (1/2 L)
Basic Hop Skuff

DS Toe Ba Hl S Jump Skuff Hop RS
R L L R R L R L RL
&1 e & a 2 & a 3 & 4

Buck Joey

DS Toe Ba(xb) Hl Ba Hl Ba Toe Ba(xb) Hl Ba Hl S
R L L R R L L R R L L R R

½ PART A: 2 [Heel Slur, 2 Toe Basics] NO turns

PART B: [Rooster Dragger (1/4 L), Canadian Kick (1/4 L), 2 Basics, Huckle Half,
2 Drag Basics (1/2 R), Double Out, Slip Rock]

PART C: [Burton Slide (1/2 L), Syncopated Rock, Double Fastball, Burton Slide (1/2 L),
Basic Hop Skuff, Buck Joey]

BREAK: (8 beats)

Pivot ½ R Heel(f) Pull S(1/2 R) DS RS
& Basic L R R L RL

**** REPEAT Pivot and Basic, turning ½ L**

PART D: (32 beats)

Hell Step Twice DS Dt/H Toe(b) Toe(b) S DtBa(b)Toe Hl(f)
L R L R R R LL R R
S Dt/H Toe(b) Toe(b) S DtBa(b)Toe Hl(f)
L R L R R R LL R R

Quick Doubles S Dbl Ba Dbl Ba Dbl Ba Ba S
L R L R L R

Mountain Goat DS R(f) S R(b) S Hl/Ba Lift/Sl
L R L R L L R L R

Samantha
(Badada) DS DS(xf) Dr S(b) Dr S(os) R S Tap(b) Dr Tch S Tap(b) Dr
L R R L L R L R L R L L R L
&1 &2 & 3 & 4 & 5 a & 6 & a 7
Tch(f) S(f)
R R
& 8

Sweat Step DS H(w) Hl Ba R Hl Ba Stamp Stomp (p) S To Ba(b) To Ba(b)
L R L L R L L R R L R R L L
To Ba(b) To Ba(b) Hl/Ba Lift/Sl
R R L L L R L R

PART A: 4 [Heel Slur (1/4 L), 2 Toe Basics]

PART C: [Burton Slide (1/2 L), Syncopated Rock, Double Fastball, Burton Slide (1/2 L),
Basic Hop Skuff, Buck Joey]

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ENDING: (9 beats)

Pivot(1/2 R) & Basic
Pivot(1/2 L) & Basic
Rock Step RS