

TITLE: HOLDING OUT FOR A HERO

By: Frou Frou ("Shrek 2" Soundtrack)

LEVEL: Advanced

CHOREO: Janice Jestin, Yuma AZ

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Cue Sheet by Ginny Bartes dsrsaz@cox.net

More cue sheets at: www.letsdoclogging.com

Intro: Start after guitar...

PART A:

(4)-- 1-Heel Slur Basic--1/4 Left (L)

(4)--⁴ 2-Toe Basics (R)

PART B:

(8) 1-Rooster Dragger--1/4 Left (L)

(4) 1-Canadian Kick--1/4 Left (L)

(4) 2-Basics (L)

(8) 1-Huckle Half (L)

(4) 2-Drag Basics--1/2 Right (L)

(2) 1-Flair (R)

(2) 1-Slip Rock (R)

PART C:

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Syncopated Rock (R)

(4) 1-Double Fastball (L)

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Basic Jump Skuff (R)

(4) 1-Buck Joey (R)

PART A-1:

(4)--² 1-Heel Slur Basic (L)

(4)--² 2-Toe Basics (R)

PART B:

(8) 1-Rooster Dragger--1/4 Left (L)

(4) 1-Canadian Kick--1/4 Left (L)

(4) 1-Basics (L)

(8) 1-Huckle Half (L)

(4) 2-Drag Basics--1/2 Right (L)

(2) 1-Flair (R)

(2) 1-Slip Rock (R)

PART C:

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Syncopated Rock (R)

(4) 1-Double Fastball (L)

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Basic Jump Skuff (R)

(4) 1-Buck Joey (R)

BREAK:

(8) 2-Pivot Basics--1/2 R/L (L)

PART D:

(8) 1-Hell Step Twice (L)

(4) 1-Quick Doubles (L)

(4) 1-Mountain Goat (L)

(8) 1-Samantha BaDaDa Down (L)

(8) 1-Sweat Step (L)

PART A:

(4)-- 1-Heel Slur Basic (L)

(4)--⁴ 2-Toe Basics (R)

PART C:

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Syncopated Rock (R)

(4) 1-Double Fastball (L)

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Basic Jump Skuff (R)

(4) 1-Buck Joey (R)

PART C:

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Syncopated Rock (R)

(4) 1-Double Fastball (L)

(8) 1-Burton Slide--1/2 Left (L)

(4) 1-Basic Jump Skuff (R)

(4) 1-Buck Joey (R)

ENDING (9 beats):

(8) 2-Pivot Basics--1/2 R/L (L)

(1) 1-Ball Step (L)

HOLDING OUT FOR A HERO

Frou Frou

CD: "Shrek 2" Soundtrack

CHOREO: Janice Jestin, e-mail: janice_jestin@hotmail.com

Start with Left Foot

Pop / Medium Tempo

(210)632-9589

ADVANCED LEVEL

INTRO: Start right after Guitar OR Wait 16 beats after guitar & do ½ of A(no turns)

PART A: (32 beats)

-- Heel Slur

Heel Slur S DS RS (turn ¼ L)

4

L R 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 L R L R

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) HI Ba HI TSN(swivel) Tap(xb) S(os)

L R L L R R L L R R

&1 &2 e & a 3 & 4 & 5

HI Ba HI Ba DS RS

L L R R L RL

e & a 6 &7 &8

Drag Basics (1/2 R)

Dr SRS Dr SRS

L RLR R LRL

& 1 & 2 & 3 & 4

Double Out

DT(ots)/HI click RS(xif)

R L R

Slip Rock

D/HI 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) HI 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 L R L R L R

& 1 &2 & 3& 4

Double Fastball

DS DS Ba DtBa(b) Ba(b) S(fwd)

L R L R L R

&1 &2 & a3e & 4

Burton Slide (1/2 L)

Basic Hop Skuff

DS Toe Ba HI 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) HI Ba HI Ba Toe Ba(xb) HI Ba HI S

R L L R R L L R R L L R R

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

** REPEAT Pivot and Basic, turning 1/2 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 L L R R
& a 1 e & a 2 & 3 e & a 4 &
S Dt/H Toe(b) Toe(b) S DtBa(b)Toe Hl(f)
L R L R R R L L R R
5 e & a 6 & 7 e & a 8 &

Quick Doubles S Dbl Ba Dbl Ba Dbl Ba Ba S
L R L R L R
1 e & a 2 e & a 3 e & 4

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]

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

ENDING: (9 beats)

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