

Super Girl

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Dixie Lynn (USA)

Musik: Supergirl - Krystal Harris



3 CROSS TOUCHES WITH LEFT COASTER STEP

- 1-2 Cross right over left, touch left foot to left side
- 3-4 Cross left over right, touch right foot to right side
- 5-6 Cross right over left, touch left to left side
- 7-8 Step back on left, step back on right, step forward on left

2 ROCK FORWARD AND BACK WITH KICK AND HEEL LIFTS

- 1-2 Rock forward on right, recover on left, rock back on right, recover on left
- 3-4 Repeat rock forward and back in double time
- 5-6 Kick right forward, step back right, left with feet apart
- 7-8 Lift both heels twice

STEP RIGHT CROSS- ROCK RIGHT AND CROSS- REPEAT TO LEFT

- 1-2 Step right to right side, cross left over right
- 3-4 Rock right to right side, cross right over left
- 5-6 Step left to left side, cross right over left
- 7-8 Rock left to left side, cross left over right

RIGHT SIDE SHUFFLE, LEFT SIDE SHUFFLE WITH ¼ TURN & HIP BUMPS

- 1-2 Step right to right side, step left next to right, step right
- 3-4 Step left to left side, step right next to left, step left
- 5-6 Walk right, left in ¼ turn to left
- 7-8 Lead with the right hip step right forward, slide left, step right forward, slide left

REPEAT
