

Superman

Count: 112

Wand: 4

Ebene: Intermediate

Choreograf/in: Chris Hodgson (UK)

Musik: Hang In There Superman - Hal Ketchum



HEEL SPLITS / KNEE UP / TOE BACK / HEEL FANS

- 1-4 Split both heels apart and back to center twice
- 5-6 Lift right knee up in front and back to place
- 7-8 Touch left toe behind right heel and back to place
- 9 -10 Swing right heel to right and back to place
- 11-12 Swing left heel to left and back to place
- 13-14 Swing right heel to right and back to place
- 15-16 Swing left heel to left and back to place

FORWARD / KICK / BACK / TOUCH

- 17-18 Step forward on right foot and kick left leg to front
- 19-20 Step back on left foot and touch right foot in place
- 21-24 Repeat counts 17-20

GRAPEVINE RIGHT / ¾ SPIN TURN / 4 HEEL STRUTS

- 25-27 Right steps to right, left cross behind, right steps to right,
- 28 Spin ¾ turn on right foot to right
- 29-30 Place left heel down, slap left toes down
- 31-32 Place right heel down, slap right toes down
- 33-34 Place left heel down, slap left toes down
- 35-36 Place right heel down, slap right toes down

GRAPEVINE / HITCH AND HOP

- 37-40 Left steps to left, right cross behind, step left to left, hop on left foot hitching right knee up
- 41-44 Right steps to right, left cross behind, step right to right, hop on right foot hitching left knee up

½ PIVOT TURN / 2 STOMPS

- 45-46 Step forward on left foot, ½ pivot turn right
- 47-48 Stomp left in place, stomp right in place

KICK FRONT AND SIDE / SHUFFLE / MONTEREY TURNS

- 49-50 Kick right foot forward and side
- 51&52 Shuffle on spot (right-left-right)
- 53-54 Kick left foot forward and side
- 55&56 Shuffle on spot (left-right-left)
- 57-64 Touch right foot to right, spin to right and replace right foot
Touch left foot to left side and replace, touch right foot to right
Spin to right and replace right foot, touch left foot to left side and replace

HEEL TAPS / TOE TAPS / SCOOT / 2 JAZZ BOXES MAKING ½ TURN RIGHT

- 65-68 Tap right heel in front twice, tap right toe behind twice
- 69-70 Step forward on right, scoot forward hitching left knee up
- 71-72 Step forward on left, scoot forward hitching right knee up
- 73-76 Cross right over left, step back on left, step right foot ¼ right

STEP LEFT NEXT TO RIGHT

77-80 Cross right over left, step back on left, step right foot $\frac{1}{4}$ right, step left next to right

81-112 Repeat counts 49-80

REPEAT
