Super Woman

Count: 64

Ebene: Phrased Beginner

Choreograf/in: Sally Hung (TW) - February 2014 Musik: Fei Chang Nu by Fei Huang

Sequence of dance: S1-S8, S1, S1-S8, S1, Tag, S1-S8, S1, S2

Start to dance after 24 counts

Tag (8 counts)

- 1,2,3&4 Rock R to R side, recover onto L, triple step in place on RLR
- 5,6,7&8 Rock L to L side, recover onto R, triple step in place on LRL

S1. SIDE, HOLD, BEHIND, SIDE, CROSS, KICK, KICK, TRIPLE STEP

- 1,2,3&4 Step R to R side, hold, step L behind R, step R to R side, cross L over R
- 5,6,7&8 Kick R across L, kick R diagonal R fwd, triple step on RLR

S2. SIDE, TOGETHER, CHASSE, CROSS MAMBO

1,2,3&4Step L to L side, close R beside L, step L to L side, close R beside L, step L to L side5&6,7&8Cross mambo on RLR, LRL

S3. FWD SHUFFLE, FWD SHUFFLE, CROSS STEP, POINT, CROSS STEP, POINT

- 1&2,3&4 Shuffle fwd on RLR, LRL
- 5,6,7,8 Cross step R over L, point L to L side, cross step L over R, point R to R side

S4. BACK SHUFFLE, BACK SHUFFLE, BACK, IN PLACE, BACK, TOGETHER

- 1&2,3&4 Shuffle back on RLR, shuffle back on LRL
- 5,6,7,8 Step back on R, step back in place, step back on L, step back beside R

S5. SIDE, DRAG, ROCK BACK, RECOVER, SIDE, DRAG, ROCK BACK RECOVER

- 1,2,3,4 Step a big step to R side, drag L towards R, rock back on L, recover onto R
- 5,6,7,8 Step a big step to L side, drag R towards L, rock back on R, recover onto L

S6. SIDE, CLOSE, BACK SHUFFLE, SIDE, CLOSE, FWD SHUFFLE

- 1,2,3&4 Step R to R side, step L beside R, shuffle back on RLR
- 5,6,7&8 Step L to L side, step R beside L, shuffle fwd on LRL

S7. CLOCKWISE FULL TURN BY WALK, WALK, FWD SHUFFLE, WALK, WALK, FWD SHUFFLE

1,2,3&4,Make a full turn R by walk R, L, shuffle fwd on RLR, walk L,R, shuflle fwd on LRL5,6,7&8

S8. SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 1,2,3&4 Rock R to R side, recover onto L, cross shuffle on RLR
- 5,6,7&8 Rock L to L side, recover onto R, cross shuffle on LRL

Have fun!

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