

# Supertonic

Count: 48

Wall: 4

Level: Intermediate/Advanced

Choreographer: Kate Sala (UK)

Music: For One Night Only - Bodyrockers



## SCUFF, OUT, OUT, HITCH & STEP LEFT, SAILOR ¼ TURN RIGHT, TRIPLE FULL TURN

- 1&2 Scuff right foot forward, step right out to right side, step left out to left side  
3&4 Hitch right knee up, step right down in place, step left out to left side  
5&6 Cross step right behind left, turn ¼ right stepping left to left side, step right forward  
7&8 Triple turn full turn right traveling forward on left, right, left, (facing 3:00)

## HEEL SWITCHES TWICE, CHARLESTON, KICK, SIDE SWITCHES TWICE, SWIVEL ¼ TURN RIGHT

- 1&2 Dig right heel forward, step right next to left, dig left heel forward  
& Step left next to right and at the same time pick right foot up taking both heels out  
3 To the sides, touch right toe forward swiveling both heels in  
& Pick right foot up and swivel both heels out to the sides  
4 Swivel heels back in to center and flick right foot forward  
&5 Step right next to left, touch left out to left side  
&6 Step left next to right, touch right out to right side  
7&8 Swivel heels left, right, left completing a ¼ turn right & keeping weight on left

## LUNGE FORWARD, HITCH, FORWARD SHUFFLE, STEP PIVOT ½ TURN STEP, TRIPLE ¾ TURN LEFT

- 1&2 Lunge forward on right & lean forward, recover on to left, hitch right knee up  
3&4 Shuffle forward on right, left, right, (towards 6:00)  
5&6 Step forward on left, pivot ½ turn right, step forward on left  
7& Turn ½ left stepping back on right, turn ¼ left stepping left to left side  
8 Cross step right over left, (facing 3:00)

## KICK BALL CROSS, DIAGONAL KICK, CROSS, UNWIND ½ TURN, SAILOR STEP, TOGETHER, SIDE STEP

- 1&2 Kick left forward to left diagonal, step left in place, cross step right over left  
3-4 Kick left forward to left diagonal, cross step left over right  
5 Unwind ½ turn right keeping weight on left, (facing 9:00)  
6&7 Cross step right behind left, step left to left side, step right in place  
&8 Step left next to right, step right out to right side

## WALK FORWARD X 3, SIDE ROCK & BEHIND STEP, SWEEP INTO SAILOR SKATE, SKATE, SKATE

- 1-2-3 Walk forward on left, right, left  
4&5 Rock on right out to right side, recover on to left, cross step right behind left  
&6& Sweep left round to the left, step left behind right, step right to right side  
7-8-1 Skate forward on left, right, left

## BODY DIP RIGHT & LEFT, BEHIND & HEEL, STEP, SLIDE BACK, HITCH, SLIDE BACK

- &2 With feet apart bend knees, lean to the right straightening legs  
&3 Bend knees again with weight even on both feet, lean to the left straightening legs  
**The above moves are as if you are dodging a boxer's punch, moving the body to the right of the punch and then to the left on the second punch**  
4&5 Cross step right behind left, step left to left side, dig right heel to right diagonal  
&6 Step ball of right next to left, slide left foot back to left diagonal  
7&8 Hitch left knee up, step left down in place, slide right foot back, (facing 9:00)  
**Keep weight forward on left to start again**

**REPEAT**

**TAG**

**At the end of the first wall the music stops for a beat. Just hesitate and start again when the music starts again**

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