

Super Woman

Count: 64

Wall: 1

Level: Phrased Beginner

Choreographer: Sally Hung (TW) - February 2014

Music: 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&4 Step L to L side, close R beside L, step L to L side, close R beside L, step L to L side

5&6,7&8 Cross 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, shuffle fwd on LRL

5,6,7&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!

Contact Sally Hung: hung1125@gmail.com