

Super Girls

Compte: 64

Mur: 2

Niveau: Intermediate



Chorégraphe: Ross Brown (ENG) - October 2014

Musique: Super Girls (feat. Michelle Guty & Beto Perez) - Mara

Intro: 36 counts

S1: □SIDE, HEEL SWIVELS or APPLEJACKS. BALL, CROSS. TAP, SIDE PRESS. BEHIND, SIDE, CROSS.

1 & 2 & 3 Step right to the right, swivel left heel in, swivel left heel back, swivel right heel in, swivel right heel back.

& 4 Step left next to right, cross step right over left.

& 5 - 6 Tap left toe to the left (shoulder width apart), press left to the left, recover onto right.

7 & 8 Cross step left behind right, step right to the right, cross step left over right. (12 o'clock)

Alternative: Counts 1 & 2 & 3 can be replaced with APPLEJACKS.

S2: □TAP, SIDE PRESS. BEHIND, SIDE, STEP. HEEL SWIVEL. WALK BACK with KNEE POPS.

& 1 - 2 Tap right toe to the right (shoulder width apart), press right to the right, recover onto left.

3 & 4 Cross step right behind left, step left to the left, step forward with right.

& 5 - 6 Swivel both heels to the right, swivel both heels back, walk back with right popping left knee forward.

7 - 8 Walk back with left popping right knee forward, walk back with right popping left knee forward. (12 o'clock)

S3: □BALL, SIDE ¼ TURN L, DRAG. HIP BUMPS or KNEE PUSHES. SIDE ¼ TURN L, DRAG. HIP BUMPS or KNEE PUSHES.

& 1 - 2 Step left next to right, make a ¼ turn left stepping right to the right, drag left up to right.

& 3 & 4 In a bumping fashion; lift left hip up, lower left hip, lift left hip up, lower left hip.

5 - 6 Make a ¼ turn left stepping left to the left, drag right up to left.

& 7 & 8 In a bumping fashion; lift right hip up, lower right hip, lift right hip up, lower right hip. (6 o'clock)

Alternative: Counts & 3 & 4 and & 7 & 8 can be replaced by pushing both knees forward twice.

S4: □SIDE ¼ TURN L, DRAG. HIP BUMPS or KNEE PUSHES. BALL, STEP. STEP, PIVOT ½ TURN R, BACK ½ TURN R.

1 - 2 Step left next to right, make a ¼ turn left stepping right to the right, drag left up to right.

& 3 & 4 In a bumping fashion; lift left hip up, lower left hip, lift left hip up, lower left hip. (See above "Alternative")

& 5 Step left next to right, step forward with right.

6 - 7 - 8 Step forward with left, pivot a ½ turn right, make a ½ turn right stepping back with left. (3 o'clock)

S5: □SIDE ¼ TURN R. WEAVE RIGHT. SIDE TOUCH, FLICK ¼ TURN L, STEP. LOCK, OUT, OUT.

1 - 2 Make a ¼ turn right stepping right to the right, cross step left over right.

& 3 & 4 Step right to the right, cross step left behind right, step right to the right, cross step left over right. (*R*)

& 5 - 6 Touch right toe to the right, make a ¼ turn left flicking right foot back, step forward with right.

7 & 8 Lock left foot behind right, step forward and out with right, step forward and out with left. (3 o'clock)

S6: □"AROUND THE WORLD": (GRADUAL ¾ TURN R) CROSS, SIDE, BEHIND. BEHIND, SIDE, CROSS. X2.

1 & 2 Cross step right over left, step left to the left, cross step right behind left.

3 & 4 Make a ¼ turn right stepping left behind right, step right to the right, cross step left over right.

- 5 & 6 Make a ¼ turn right stepping right over left, step left to the left, cross step right behind left.
7 & 8 Make a ¼ turn right stepping left behind right, step right to the right, cross step left over right.
(12 o'clock)

**S7: □ DIAGONAL STEP, DRAG. KNEE POP ¼ TURN L, KNEE POP. BALL, DIAGONAL STEP, DRAG.
KNEE POP ¼ TURN L, KNEE POP.**

- 1 - 2 Step right foot forward to right diagonal (1:30), drag left up to right.
3 - 4 Make a ¼ turn left popping right knee forward, return right knee to normal and pop left knee
forward.
& 5 - 6 Step left next to right, step right foot forward to right diagonal (10:30), drag left up to right.
7 - 8 Make a ¼ turn left popping right knee forward, return right knee to normal and pop left knee
forward. (7:30)

S8: □ BALL, DIAGONAL STEP, DRAG. KNEE POP ¼ TURN L, KNEE POP. BALL, JAZZ BOX with CROSS.

- & 1 - 2 Step left next to right, step right foot forward to right diagonal (7:30), drag left up to right.
3 - 4 Make a ¼ turn left popping right knee forward, return right knee to normal and pop left knee
forward.
& 5 - 6 - 7 - 8 Step left next to right, cross step right over left, step back with left, step right to the right,
cross step left over right. (6 o'clock)

Restart □ On Wall 5, Restart the dance after 36 Counts (*R*) facing BACK WALL.

*** No Restart needed if dancing to "All About That Bass".**
