

Superheroes

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Val O'Connor (UK) - September 2014
音乐: Superheroes - The Script : (Album: No Sound Without Silence or Single - 4:00)



INTRO: 32 Counts (23 secs approx.) Start just after vocals begin on the word "Life"

Please note you will only dance the first 24 counts on walls 1, 2 & 4

TOUCH R OUT IN STEP, L ROCK BACK SIDE, R BEHIND ¼ L STEP FORWARD, L ROCK ½ L

1&2 Touch R out to R side, touch R in next to L, step R to R side
3&4 Rock back on L, recover weight onto R, step L to L side
5&6 Cross step R behind L, turn ¼ L stepping forward on L, step forward onto R (9 o'clock)
7&8 Rock forward on L, recover weight on R, 1/2 L stepping forward on L (3 o'clock)
(Non turners may do step forward L, ½ R stepping onto R, step forward on L)

TRIPLE L TURN, L LOCK STEP, R ROCKING CHAIR, R ROCK ½ R, STEP L NEXT TO R

1&2 Turn ½ L stepping back on R, ½ turn L stepping forward on L, step forward on R
3&4 Step forward on L, lock R behind L, step forward on L
5&6& Rock forward on R, recover weight on L, rock back on R, recover weight on L
7&8& Rock forward on R, recover weight on L, ½ R turn stepping on R, step L next to R (9 o'clock)

SIDE R TOUCH L, SIDE L TOUCH R, R KICK OUT OUT R TOGETHER, FORWARD L TAP R, BACK R, HITCH L, L COASTER CROSS.

1&2& Step R to R side touch L next to R, step L to L side touch R next to L
3&4& Kick R across L, step out R & L, (&) step R next to L
5&6& Step forward on L, tap R behind L, step back on R, (&)hitch L
7&8 Step back on L, step R next to L, cross step L over R

ONLY DANCE UP TO HERE ON WALLS 1, 2 & 4 AND THEN RESTART FROM BEGINNING

R SIDE TOGETHER SIDE R KICK L, L ROCK BACK ¼ L, STEP R ½, ¼, SIDE R, L BEHIND SIDE CROSS

1&2& Step R to R side, step L next to R, step R to R side, (&) kick L to L diagonal (3 o'clock)
3&4 Rock back on L, recover weight on R, turn ¼ L stepping forward on L (12 o'clock)
5&6 Step forward on R, ½ L stepping forward on L, ¼ L stepping R to R side (3 o'clock)
7&8 Cross step L behind R, step R to R side, cross L across R

TAG 1 HERE ON WALL 3, TAG 2 HERE ON WALL 7

TAG 1: (1-2-3&4, 5-6-7&8) Sway R L, R side together side, Sway L R, L side together side

TAG 2: (1-2-3-4) Sway R L R L,

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<https://www.youtube.com/watch?v=8mjkWXiPtXc&feature=youtu.be>