

Superheroes

拍数: 32 墙数: 4 级数: Advanced
编舞者: Maggie Gallagher (UK) - September 2014
音乐: Superheroes - The Script



Intro: 32 counts (start on main vocals)

S1: DRAG, ROCK BACK, DRAG, ROCK BACK, POINT TOUCH DRAG, ¼ R SAILOR

1-2& Big step on right to right side dragging left to meet right, Rock back on left, Recover on right
3-4& Big step on left to left side dragging right to meet left, Rock back on right, Recover on left
5&6 Point to right side, Touch right next to left, Big step to right side dragging left to meet right
7&8 Cross left behind right, ¼ right stepping forward on right, Walk forward left [3:00]

S2: CROSS BACK BACK, BEHIND ¼ CROSS SIDE, CROSS ROCK, SIDE, WEAVE L

1&2 Cross right over left, Step back on left, Walk back on right
3&4& Step left slightly behind right, ¼ right to right side, Cross left over right, Step right to right side
[6:00]
5-6& Cross rock left over right, Recover on right, Step left out to left side
7&8& Cross right over left, Step left to left side, Cross right behind left, Step left to left side

S3: CROSS, UNWIND & POINT & TOUCH & CROSS & HEEL & CROSS BACK ¼ CROSS

1-2 Cross right over left, Unwind full turn left (weight on left)
&3&4 Step right to right side, Point left toe across right, Step left to left side, Touch right next to left
&5&6 Step right next to left, Cross left over right, Step back on right, Tap left heel to left diagonal
&7& Step left next to right, Cross right over left, Step back on left,
8& ¼ right stepping right to right side, Cross left over right [9:00]

*Restart Walls 1,2 & 4

S4: SIDE ROCK & ROCK FWD, ½, ROCK FWD, ½, WALK L, ½, ½

1-2& Rock right to right side, Recover on left, Step right next to left
3-4& Rock forward on left, Recover on right, ½ left stepping forward on left
5-6& Rock forward on right, Recover on left, ½ right stepping forward on right
7-8& Walk forward on left, ½ left stepping back on right, ½ left stepping forward on left

RESTARTS: After 24 counts Walls 1, 2 & 4

TAG 1: At the end of Wall 3 [3:00]

1-2 Rock forward on right pushing right hip forward, Recover on left
3-4 Rock forward on right pushing right hip forward, Recover on left
5&6& Cross right over left, Step left to left side, Cross right behind left, Sweep left round from front
to back
7&8 Cross left behind right, Step right to right side, Cross left over right

TAG 2: At the end of Wall 7 [3:00]

1-2 Rock forward on right pushing right hip forward, Recover on left
3-4 Rock forward on right pushing right hip forward, Recover on left

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