

Supergirl

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Esmeralda van de Pol (NL) - January 2016
音乐: Supergirl (feat. Alle Farben & Younotus) (Radio Edit) - Anna Naklab



Intro : 8 counts

S1: SIDE, BEHIND, TOUCH & CROSS, SIDE, TOGETHER, CROSS SHUFFLE

1-2 Step RF to R side, Step LF behind RF
3&4 Touch RF next to LF, Step RF next to LF, Cross LF over RF
5-6 Step RF to R side. Step LF net to RF
7&8 Step RF over LF, Step LF to L side, Cross RF over LF

S2: SIDE, BEHIND, TOUCH & CROSS, 1/4 TURN R, SIDE, CROSS SHUFFLE

1-2 Step LF to L side, Step RF behind LF
3&4 Touch LF next to RF, Step LF next to RF, Cross RF over LF
5-6 1/4 turn R-step LF back, Step RF to R side
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

S3: SIDE ROCK, TRIPPLE FULL TURN R, FWD ROCK, COASTER CROSS

1-2 Rock RF to R side, Recover weight on LF
3&4 1/2 turn R-step RF fwd, Step LF next to RF, 1/2 turn R-step RF fwd
5-6 Rock LF fwd, Recover weight on RF
7&8 Step LF back, Step RF next to LF, Cross LF over RF

S4: SIDE ROCK, COASTER STEP, STEP 1/4 TURN R, CROSS & HEEL

1-2 Rock RF to R side, Recover weight on LF
3&4 Step RF back, Step LF next to RF, Step RF fwd
5-6 Step LF fwd, 1/4 turn R-weight on RF
7&8 Cross LF over RF, Step RF to R side, Touch LF diagonal fwd

S5: & CROSS ROCK FWD, CHASSE R, CROSS ROCK FWD, CHASSE L

&1-2 Step LF next to RF, Rock RF across LF, Recover weight on LF
3&4 Step RF to R side, Step LF next to RF, Step RF to R side
5-6 Rock LF across RF, Recover weight on RF
7&8 Step LF to L side, Step RF next to LF, Step LF to L side

S6: BACK ROCK, SHUFFLE 1/2 TURN L, 1/2 TURN LEFT, STEP FWD, MAMBO FWD

1-2 Rock back on RF, Recover weight on LF
3&4 1/4 turn L-step RF to R side, Step LF next to RF, 1/4 turn L-step RF back
5-6 1/2 turn L-step LF fwd, Step RF fwd
7&8 Rock LF fwd, Recover weight on RF, Step LF slightly back

S7: 1/4 TURN SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, CROSS SHUFFLE

1-2 1/4 Turn R-rock RF to R side, Recover weight on LF
3&4 Step RF behind LF, Step LF to L side, Cross RF over LF
5-6 Rock LF to L side, Recover weight on RF
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

S8: SIDE, BEHIND, SHUFFLE 1/4 TURN R, STEP 1/2 TURN, SHUFFLE FWD

1-2 Step RF to R side, Step LF behind RF
3&4 Step RF to R side, Step LF next to RF, 1/4 turn R-step RF fwd

5-6 Step LF fwd, 1/2 turn R- weight on RF
7&8 Step LF fwd, Step RF next to LF, Step LF fwd

Ending: You will dance till section 4, make a 1/2 turn L for end the dance at the front wall.

No tags!! - No Restart!!

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