

Superstitious

COPPERKNOB
BY STEPHEN

拍数: 140 墙数: 1 级数: Phrased Advanced
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音乐: Superstitious - MKTO



Intro : 16 counts - Phrasing : A, B, C, A, C, D, B, C*,C □□□□

A=56 counts - B=16 counts - C=36 counts - D=32 counts

Part A

AS1: Side, Behind, Side, Touch Forward, Swivel, Ball/Mambo Cross, Syncopated Weave

1-2& Rf step right, Lf cross behind Rf, Rf small step right (&)
3&4 Lf touch forward, Bf swivel heels left (&), Bf swivel heels centre
&5&6 Lf step together (&), Rf rock step right, recover onto Lf (&), Rf cross in front of Lf
&7&8 Lf step left(&), Rf cross behind Lf , Lf step left (&), Rf cross in front of Lf

AS2: Slide L, Hold, Syncopated Swivels In (Heel/Toe/Heel), Hitch R, Coaster R, 1/2 Turn L, Syncopated 1/2 Turn L

1-2 Lf big step left, hold
&3&4 Rf heel in (&),Rf toes in, Rf heel in (&), Rf hitch knee
5&6 Rf step back, Lf step together (&), Rf step forward
7&8 make 1 / 2 turn left stepping Lf forward (6.00) , Rf step forward (&), make 1 / 2 turn left stepping Lf forward (12.00)

AS3: Syncopated Rocking Chair, Slide R, Touch L, Syncopated Rocking Chair, Slide L, Touch R

1&2& Rf rock forward, recover onto Lf (&) , Rf rock back, recover onto Lf (&)
3-4 Rf big step right, Lf touch next to Rf
5&6& Lf rock forward, recover onto Rf (&), Lf rock back , recover onto Rf (&)
7-8 Lf big step left, Rf touch next to Lf

AS4: Side, Behind, Side, Touch Forward, Swivel, Ball/Mambo Cross, Syncopated Weave

1-2& Rf step right, Lf cross behind Rf, Rf small step right (&)
3&4 Lf touch forward, Bf swivel heels left (&), Bf swivel heels centre
&5&6 Lf step together (&), Rf rock step right, recover onto Lf (&), Rf cross in front of Lf
&7&8 Lf step left(&), Rf cross behind Lf , Lf step left (&), Rf cross in front of Lf

AS5: Slide L, Hold, Syncopated Swivels In (Heel/Toe/Heel), Hitch R, Coaster R, 1/2 Turn L, Syncopated 1/2 Turn L

1-2 Lf big step left, hold
&3&4 Rf heel in (&),Rf toes in, Rf heel in (&), Rf hitch knee
5&6 Rf step back, Lf step together (&), Rf step forward
7&8 make 1 / 2 turn left stepping Lf forward (6.00) , Rf step forward (&), make 1 / 2 turn left stepping Lf forward (12.00)

AS6: Syncopated Rocking Chair, Slide R, Touch L, Syncopated Rocking Chair, Slide L, Touch R

1&2& Rf rock forward, recover onto Lf (&) , Rf rock back, recover onto Lf (&)
3-4 Rf big step right, Lf touch next to Rf
5&6& Lf rock forward, recover onto Rf (&), Lf rock back , recover onto Rf (&)
7-8 Lf big step left, Rf touch next to Lf

(NB section 4 , 5, 6 is a repetition of section 1, 2, 3)

AS7: Full Turn R With Sweep, Full Paddle Turn R

- 1-2-3-4 make 1 / 4 turn right stepping Rf forward (3.00), make 3/4 turn right sweeping Lf around from back to front (2-3), Lf touch next to Rf (12.00)
- &5 make 1 / 4 turn right (&), Lf left touch left (3.00)
- &6 make 1 / 4 turn right (&), Lf left touch left (6.00)
- &7 make 1 / 4 turn right (&), Lf left touch left (9.00)
- &8 make 1 / 4 turn right (&), Lf step together (12.00)

Part B

BS1: Rhumba Box R, Lock Step Forward R, Paddle Turn L

- 1&2 Rf step right, Lf step together (&), Rf step forward
- 3&4 Lf step forward, Rf lock behind Lf (&), Lf step forward
- 5& make 1 / 8 turn left pushing Rf right, recover Lf
- 6& make 1 / 8 turn left pushing Rf right, recover Lf
- 7& make 1 / 8 turn left pushing Rf right, recover Lf
- 8 make 1 / 8 turn left stepping Rf together (6.00)

BS2: Rhumba Box L, Lock Step Forward L, Paddle Turn R

- 1&2 Lf step left, Rf step together (&), Lf step forward
- 3&4 Rf step forward, Lf lock behind Rf (&), Rf step forward
- 5& make 1 / 8 turn right pushing Lf left, recover Rf
- 6& make 1 / 8 turn right pushing Lf left, recover Rf
- 7& make 1 / 8 turn right pushing Lf left, recover Rf
- 8 make 1 / 8 turn right stepping Lf together (12.00)

Part C

CS1: Out/Out/Together, Cross, Side, Modified Sailor Steps Travelling Forward, 1/4 Turn L, Side, Touch Behind

- 1&2 Rf step right, Lf step left (&), Rf step together
- 3-4 Lf cross in front of Rf, Rf step right
- 5&6 Lf cross behind Rf, Rf step diagonally forward right (&), Lf step diagonally forward left
- &7& Rf cross behind Lf (&), Lf step forward, make 1 / 4 turn left stepping Rf right (9.00) (&)
- 8 Lf touch behind Rf

CS2: Full Turn L, Shuffle L, Heel Grind R With 1/4 Turn R, Heel Grind L

- 1-2 make 1 / 4 turn left stepping Lf forward (6.00), make 1 / 2 turn left stepping Rf back (12.00)
- 3&4 make 1 / 4 turn left stepping Lf left (9.00), Rf step together (&), Lf step left
- 5-6& Rf dig heel forward with toes turned in , make 1 / 4 turn right on right heel turning toes out stepping Lf back (12.00), Rf step together (&)
- 7-8& Lf dig heel forward with toes turned in, turn toes out stepping back on Rf, Lf step together (&)

CS3: Heel Swivel R, Heel Swivel L , Out/Out/Ball/Cross, Unwind 1/2 Turn L

- 1&2 Rf point toes forward, swivel heel right (&), swivel heel back to centre taking weight on Rf
- 3&4 Lf point toes forward, swivel heel left (&), swivel heel back to centre keeping weight on Rf
- &5&6 Lf step left (&), Rf step right, Lf step together (&), Rf cross in front of Lf
- 7-8 unwind 1/2 turn left over 2 counts ending with weight on Lf (6.00)

CS4: Walks Forward R/L, Sailor With 1/2 turn R, Walks Forward L/R, Brush, Out, Touch

- 1-2 Rf step forward , Lf step forward
- 3&4 Rf cross behind Lf making 1/4 turn right (9.00), Lf step left (&), make 1/4 turn right stepping Rf forward (12.00)
- 5-6 Lf step forward, Rf step forward
- 7&8 Lf brush next to Rf, Lf step left (&), Rf touch right

(N.B. restart part C * here)

CS5: Arm Movement

1-2-3-4 RA goes forward and through hair over 4 counts

Part D

DS1: Press Steps (4X), Out/Cross/Out

1-2 Rf press ball of foot right, Rf step together
3-4 Lf press ball of foot left, Lf step together
5-6 Rf press ball of foot forward, Rf step together
7 Lf press ball of foot forward
8&1 Bf jump out, Bf jump in Rf in front of Lf (&), Bf jump out bouncing hips left

DS2: Hip Bounces L (3X), Cross/Out, Hip Bounces R (4X)

2-3-4 bounce hips left, bounce hips left , bounce hips left
&5 Bf jump in Lf in front of Rf (&), Bf jump out bouncing hips right
6-7-8 bounce hips right, bounce hips right, bounce hips right

DS3: Side, Cross, Side/Cross/Side, Side, Cross, Side/Cross/Side

1-2 Lf step left, Rf cross in front of Lf
3&4 Lf step left , Rf cross in front of Lf (&), Lf step left
5-6 Rf step right, Lf cross in front of Rf
7&8 Rf step right , Lf cross in front of Rf (&), Rf step right

DS4: Cross, Back , Side, Together, Pose With Bounces

1-2 Lf cross in front of Rf, Rf step back
3-4 Lf step left, Rf step together crossing arms over each other
5-6-7-8 bounce 4 times

Last Update – 23rd Sept 2016
