

Superwoman

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate NC style
编舞者: Kate Sala (UK) - February 2017
音乐: Superwoman - Rebecca Ferguson



Intro: 8 counts, on vocals.

Section 1: Basic Night Club Right, Basic night Club Left, Step Forward, Full Turn Back, Behind, Side, Cross.

- 1 2 & Long step on R to right side. Cross rock step on L behind R. Slightly cross step R over L.
- 3 4 & Long step on L to left side. Cross rock on R behind L. Recover on to L .
- 5 6 & Step forward on R. Step forward on L. Pivot 1/2 turn right.
- 7 8 & Turn 1/2 right stepping back on L, sweeping R out to right side. Cross step R behind L. Step L to left side.

Section 2: Cross Rock, Recover & Cross Rock, Recover & Step Forward, Spiral Full Turn, Step Forward, Rock Step, Back.

- 1 2 & Cross rock on R over L. Recover on to L. Small step on R to right side.
- 3 4 & Cross rock on L over R. Recover on to R. Small step on L to left side.
- 5 6 Step forward on R. Pivot full turn left on ball of R hooking L up in front of R. 12:00
- 7& 8& Step forward on L. Rock forward on R. Recover on to L. Step back on R.

Section 3: Touch Back, Reverse 1/2 Turn , 1/4 Turn, Cross Rock Back, Recover, Full Turn, Cross Rock, Recover With Sweep.

- 1 2 Touch L toe back. Reverse 1/2 turn left. (weight on L)
- 3 Turn 1/4 left stepping R out to right side. 3:00
- 4 & 5 Cross rock back on L behind R. Recover on to R. Turn 1/4 left stepping forward on L.
- 6 & Turn 1/2 left stepping back on R. Turn 1/4 left stepping L to left side. 3:00
- 7 8 Cross rock on R over L. Recover on to L sweeping R out to right side.

Section 4: Sailor 1/2 Turn Right, Pivot 1/2 Turn Left, 1/2 Turn, Coaster Cross, Scissor Cross, Step Left.

- 1 & 2 Cross step R behind L. Turn 1/2 right stepping down on L. Step forward on R. 9:00
- 3 4 Pivot 1/2 turn left. Turn 1/2 left stepping back on R. 9:00
- 5 & 6 Step back on L. Step R next to L. Cross step L over R.
- 7 & 8 Step R to right side. Step L next to R. Cross step R over L.
- & Step L to left side.

(Restart from here during wall 5)

Section 5: Touch Back, Reverse 1/2 Turn Right, Triple Full Turn Right, Step Pivot 1/2 Turn Left, Prissy Walk x 2.

- 1 2 Touch R toe back. Reverse 1/2 turn right. (Weight on R).
- 3 & 4 Turn 1/2 right stepping back on L. Turn 1/2 right stepping forward on R. Step forward on L. 3:00
- 5 6 Step forward on R. Pivot 1/2 turn left. 9:00

(Restart from here during wall 2)

- 7 8 Step forward and slightly across on R. Step forward and slightly across on L.

Start Again - Enjoy!

Restart 1: During wall 2, Restart after count 6 of section 5, you will restart the dance facing back wall.

Restart 2: During wall 5, Restart after count 8& of section 4. So after right scissor cross step L, then step R to start again facing 9:00 wall.

