

No Superhero

拍数: 116 墙数: 2 级数: Intermediate
编舞者: Trizia Ruggiero (UK) - March 2017
音乐: Something Just Like This - The Chainsmokers & Coldplay



INTRO: 14 COUNTS / start on vocals

SECTION 1: WALKS – SIDE ROCK TOGETHER

1-2 Walk forward on R-walk forward on L
3&4 Rock R to side – replace beside L
5-6 Walk forward L- walk forward R
7&8 Rock L to side- replace beside R

SECTION 2: MONTEREY HALF TURNS

1-4 Point R toe to side –half turn to R- point L to side –replace weight onto L
5-8 Point R toe to side- half turn R- point L to side – replace weight onto L

SECTION 3: CROSS SIDE BEHIND POINT

1-4 Cross R over L- step L to side- step R behind L- point L to side
5-8 Cross L over R- step R to side – step L behind R- point R to side

SECTION 4: ROCKING CHAIR/ STEP PIVOT HALF TURN/ SAILOR QUARTER TURN

1-4 Rock forward on R-recover on L- rock back on R-recover on L
5-6 Step forward on R –half pivot turn over L shoulder [6.00]
7&8 Sailor quarter turn L [3.00]

SECTION 5: ROCK/COASTERS/ SHUFFLES/ SKATES

1-2 Rock forward on R- recover on L
3&4 sweep R back- weight onto ball of L- replace weight on R
5-6 Rock forward on L- recover on R
7&8 sweep L back – weight onto ball of R- replace weight on L

SECTION 6: SHUFFLES BACK- SKATES

1&2 Step back on R- bring L to R- step back on R
3&4 Step back on L- bring R to L-step back on L
5-8 Skate forward R-L-R-L

SECTION 7: STEP FORWARD/ HITCH QUARTER TURN/ JAZZBOX

1-2 Step R forward [optional-R arm out stretched like superman]
3-4 Hitch R knee [whilst making quarter turn R] replace weight onto R
5-8 Cross L over R- step back on R-step L to side –step R beside L

SECTION 8: GRAPEVINES

1-4 Step R to side-step L behind R- step R to side – touch L beside R
5-8 Step L to side – step R behind L- step L to side- touch R beside L

SECTION 9: SIDE TOUCHES/ SIDE TOGETHER SIDE

1-4 Step R to side – touch L beside R- step L to side – touch R beside L
5&6 Step R to side – angling body slightly forward-step L beside R- step R to side
7&8 Step L to side- angling body slightly forward- step R beside L – step L to side

SECTION 10: SIDE TOGETHER SIDE/ SIDE TOUCHES

1&2 Step R to side- angling body slightly forward- step L beside R- step R to side

3-6 Step L to side – touch R beside L- step R to side- touch L beside R
7&8 Step L to side-angling body slightly forward- step R beside L – step L to side

SECTION 11: SIDE TOGETHER SIDE/ SIDE TOUCHES

1&2 Step R to side-angling body slightly forward- step L beside R- step R to side
3&4 Step L to side – angling body slightly forward- step R beside L – step L to side
5-8 Step R to side – touch L beside R- step L to side- touch R beside L

[OPTIONAL –when doing side together side stretch alternate arms out like superman]

SECTION 12: KICK & POINT/ JAZZBOX QUARTER TURN

1&2 Kick R forward- point L to side
3&4 Kick L forward- point R to side
5-8 Cross R over L – step back [making quarter turn] on L- step R to side – touch L beside R [9.00]

SECTION 13: JAZZBOX QUARTER TURN/ V-STEP

1-4 Cross L over R- step back [making quarter turn] on R- step L to side – step R beside L [6.00]
5-8 Step R forward- step L forward- step R back – step L back

SECTION 14: JAZZBOX QUARTER TURNS

1-4 Cross L over R- step back [making quarter turn] on R- step L to side – touch R beside L [3.00]
5-8 Cross R over L- step back[making quarter turn] on L- step R to side – step L beside R [6.00]

SECTION 15: V-STEP

1-4 Step R forward- step L forward- step R back- step L back

End of Dance

WALL 2- DANCE SECTIONS 1 - 8

TAG : SIDE TOUCHES /

1-4 Step R to side – touch L beside R - Step L to side – touch R beside L

CONTINUE DANCE FROM SECTION 12 [KICK AND POINTS] TO SECTION 14 INCLUSIVE

RESTART DANCE FROM SECTION 9 [SIDE TOUCHES SIDE TOGETHER SIDE] SEC 10 AND THEN

1&2 step R to side – step L beside R- step R to side
3&4 step L to side [making quarter turn L] step R behind L – Step L forward

RESTART DANCE FROM SECTION 5 -15 INCLUSIVE

THEN REPEAT WALL ONE

END OF DANCE

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