

# Super Mamma Trouper

COPPER KNOB  
STEPSHEETS

拍数: 96      墙数: 2      级数: Easy Intermediate  
编舞者: Lucille Stead (SA) - August 2018

音乐: Super Trouper - Cher, Meryl Streep, Christine Baranski, Julie Walters, Pierce Brosnan, Colin Firth, Stellan Skarsgård, Andy Garcia, Amanda Seyfried, Dominic Cooper, Lily James, Jessica Keenan Wynn, Alexa Davies, Josh Dylan, Jeremy Irvine & Hugh Skinner



**Intro: 64 counts. Start on vocals - 30 sec into the music. Please note sequence instructions.**

**A:**

**S1: Step touch, Step touch. Step point, point, flick**

1-2            Step R to R, dipping slightly. Touch L to L diagonal  
3-4            Step L to L, dipping slightly. Touch R to R diagonal  
5-8            Step R to R. Point L across R. Point L to L. Flick L behind R knee

**S2: Chasse and rock. Big step, touch. Big step, Touch**

1-4            Chasse L. Rock back R. Recover  
5-6            Big step R to R diagonal. Touch L next to R  
7-8            Big step L to L diagonal. Touch R next to L

**S3 and S4: Repeat S1 and S2**

**S5: ¼ Paddle turn, heel taps, ¼ paddle turn, heel taps**

1-2            Step onto R and make 1/8 paddle turn L  
3-4            Make another 1/8 paddle turn L (9.00)  
5-8            Keeping weight on L, stomp R and raise and lower R heel

**S6: Repeat S5 ending 6.00**

**S7: Shuffle forward, rock, recover. Shuffle back, rock recover**

1-4            Shuffle forward L. Rock forward R. Recover L  
5-8            Shuffle back R. Rock back L. Recover R

**S8: Walking ½ turn. Step, touch. Step, touch**

1-4            Making 1/2 turn L, walk LRLR  
5-8            Step L to L. Touch R next to L. Step R to R. Touch L next to R (12.00)

**B: Super trouper Chorus (12.00)**

**S9: Walk forward LRLR. Bend knees, kick. Bend knees, kick**

1-4            Walk forward LRLR (little steps, with feet crossing over slightly)  
5-6            Feet together, bend both knees. Kick L forward  
7-8            Feet together, bend both knees. Kick R forward

**S10: Toe struts back. Wiggle hips**

1-4            Moving back, toe strut R, L  
5&6            Step R and push hips RLR  
7&8            Push hips LRL

**S11: Jazz box and bounce**

1-4            Jazz box, crossing R over L. Step back on L. R to R side. Step L forward  
5              Step R next to L  
&6            Raise and lower both heels and body

7 Hold  
&8 Raise and lower both heels and body

**S12: Walking ½ turn L. Scuff, hitch, stomp**

1-5 Making ½ turn L, walk LRLRL (6.00)  
6 Scuff and hitch R  
7 Stomp R next to L  
8 Hold

**Sequence:**

**\*A: Dance S1 to S8 and Chorus S9 – S12**

**\*Repeat Chorus but dance only the first 3 counts of S12 (turning ½ L, walk LRL). Replace count 4 with a touch R next to L ready to start S1 (12.00)**

**\*RESTART and dance S1 and S2 (omit the repeats S3 and S4) and then dance S5 and S6**

**\*RESTART (6.00) and dance all sections (S1 to S12)**

**\*Repeat the chorus (finishing 6.00)**

**\*TAG 1 (6.00):**

1-4 Heel dig L, feet together, Heel dig R, touch R next to L

**\*Dance S1 and S2 (omit the repeats S3 and S4) and then dance S5 and S6 (12.00)**

**\*TAG 2 (12.00)**

1-4 Step L, touch R next to L. Step R, touch L next to R

**\*Dance the Chorus twice, finishing at 12.00**

**\*ENDING (12.00) Replace S12 with the following: Making the final ½ turn from 6.00, walk LRLR. The music slows. Step L to L, touch R next to L. Step R to R, touch L next to R. Step L next to R. On the word "You" point R arm to the front, L hand on hip. On the word "Lights" lower both arms to sides, cross R foot over L and make a full unwind turn L to finish with weight on R and L foot in front of R and hands on hips.**

Enjoy!

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