

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!

Contact: allu@mweb.co.za
