

Superpower

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Improver
编舞者: Val O'Connor (UK) - October 2019
音乐: Superpower - Adam Lambert : (Clean Version - Explicit version can also be used)



Intro: 8 counts on vocals - No Tags or Restarts

R FORWARD ROCK, R SHUFFLE BACK, L ROCK BACK, ½ R SHUFFLE BACK

1-2-3&4 Rock fwd on R, recover back on L, step back R, (&) L next to R, step back on R
5-6-7&8 Rock back on L, recover fwd on R, ½ R step back L, (&) step R next to L, step back L (6)

BACK R POINT L, FORWARD L POINT R, ¼ R JAZZ BOX WITH CROSS

1-2-3-4 Step back R, point L to L side, step fwd L, point R to R side
5-6-7-8 Cross R over L, step back L, ¼ R step R to R side, cross L over R (9)

R SIDE ROCK, CROSS SHUFFLE, L SIDE ROCK, L SAILOR ¼ L

1-2-3&4 Rock R to R side, recover on L, cross R over L, (&) step L to L side, cross R over L
5-6-7&8 Rock L to L side, recover on R, cross L behind R, (&) ¼ L step R to R side, step L to L side
(6)

STEP FORWARD R, KICK L, L COASTER STEP, SKATE RLRL

1-2-3&4 Step forward R, kick L foot forward, step back on L, (&) step R next to L, step fwd L
5-6-7-8 Skate forward RLRL

Restart From Beginning

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