

Superwoman

COPPER KNOB
STEPPERS

拍数: 72 墙数: 4 级数: Phrased High Improver
编舞者: Jhon Batin (INA) - November 2021
音乐: Superwoman - Titi DJ, Ashanty & Eka Gustiwana



**** 1 Tag (facing 06:00), No Restart**

**** Sequences : ABCCCC - Tag - ABCCCC - ABCCCC - A16c**

**** Start dance 32 count on vocal (start on the word "Having morning tea..")**

Part A - 32 count

Sec 1 Rocking Chair, Forward, Knee Up, Rocking Chair, Forward, Touch

1&2& Step R forward, recover on L, step R backward, recover on L
3-4 Step R forward, bend L knee up
5&6& Step L forward, recover on R, step L backward, recover on R
7-8 Step L forward, touch R to side

Sec 2 Cross Rock, Step Side, 1/4 Turn Cross Behind, Step Together, Forward, Rock Forward, 1/2 Turn Forward Shuffle

1&2 Cross R behind L, recover on L, step R to right side
3&4 Cross L behind R while turning 1/4 left (09:00), step R together, step L forward
5-6 Step R forward, recover on L
7&8 Turn 1/2 right stepping R forward (03:00), step L together, step R forward

Sec 3 Rock Forward, Coaster Step, Rock Forward, Backward (3x)

1-2 Step L forward, recover on R
3&4 Step L backward, step R together, step L forward
5-6 Step R forward, recover on L
7&8 Backward R-L-R

Sec 4 1/4 Turn Step Side, Touch, 1/4 Turn Forward, Step Together, 1/4 Turn Step Side, 1/4 Turn Backward Shuffle, 1/4 Turn Step Side, Side Rock

1-2 Turn 1/4 left stepping L to left side (12:00), touch R beside L
3&4 Turn 1/4 right stepping R forward (03:00), step L together R, Turn 1/4 right stepping R to right Side (06:00)
5&6 Turn 1/4 right stepping L backward (09:00), R beside L, step L backward
7-8 Turn 1/4 right stepping R to right side (12:00), recover on L

Part B - 16 count

Sec 1 Cross forward, Hold, Rock Forward, Big Step Backward, Step Together

1-2 Cross R over L forward, Hold
3-4 Cross L over R forward, Hold
5-6 Step R forward, recover on L
7-8 Big step R backward while pulling L back, step L together R

Sec 2 Heel Switches R-L-R, Forward, Out Out, Touch Cross Behind, Bounce Heels 1/2 Turn

1&2& Touch R heel forward, close R beside L, touch L heel forward, close L beside R
3&4 Touch R heel forward, close R beside L. step L forward
5&6& Step out R forward, step out L forward, step R forward, touch L cross behind R
7&8 Bounce Heels (3x) while making 1/2 turn left (06:00)

Part C - 16 count

Sec 1 Side Step, Touch, In Place, Lock Shuffle Forward (2x)

1&2 Step R to right side, touch L beside R, step R in place

3&4 Step L to left side, touch R beside L, step L in place
5&6 Step R forward, lock L behind R, step R forward
7&8 Step L forward, Lock R behind L, step L forward

Sec 2 Cross Over, Backward, Chasse Right, Cross Rock Over, 1/4 Turn Lock Shuffle Forward

1-2 Cross R over L, step L backward
3&4 Step R to right side, close L beside R, step R to right side
5-6 Cross L over R, recover on R
7&8 Turn 1/4 left stepping L forward (03:00), lock R behind L, step L forward

Tag - 8 count

Out Out, Coaster Step, Rock Forward, 1/2 Turn Shuffle Forward

1-2 Step out R forward, step out L forward
3&4 Step R back, close L beside R, step R forward
5-6 Step L forward, recover on R
7&8 Turn 1/2 left stepping L forward (12:00), step R together L, step L forward

Happy Dancing ... !

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