

AC's ABBA Remix

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Alexis Strong (UK) & Caroline Cooper (UK) - August 2023
音乐: Super Trouper - Martial Simon



INTRO 32 COUNTS (start on vocals)

SECTION 1 SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK BEHIND SIDE FWD (12)

1-2 Rock R to R side, recover L
3&4 Cross R behind L, step L to L side, Cross R over L
5-6 Rock L to L side, recover R
7&8 Cross L behind R, step R to R side, Step L fwd

SECTION 2 STEP ¼ TURN, STEP ¼ TURN, CROSS, SIDE, BACK LOCK STEP (6)

1-2 Step fwd R, turn ¼ L
3-4 Step fwd R, turn ¼ L
5-6 Cross R over L, step back L
7&8 Step back R, lock L across R, step back R

SECTION 3 BACK ROCK, SHUFFLE FWD, STEP ½ TURN, STEP ¼ TURN (9)

1-2 Rock back L, recover R
3&4 Step fwd L, step R next to L, step fwd L
5-6 Step fwd R, ½ turn L
7-8 Step fwd R, ¼ turn L

SECTION 4 CROSS SIDE SAILOR HEEL, TOGETHER, CROSS SIDE SAILOR HEEL (9)

1-2 Cross R over L, step L to L side
3&4 Step R behind L, step L to L side, tap R heel to R diagonal
&5-6 Step R next to L, cross L over R, step R to R side
7&8 Step L behind R, step R to R side, tap L heel to L diagonal

SECTION 5 BALL CROSS ROCK, SHUFFLE ¼ TURN, HEEL SWITCHES, CLAP, CLAP (12)

&1-2 Step L next to R, cross R over L, recover L
3&4 ¼ turn stepping R fwd, close L next to R, step fwd R
5&6&& Tap L heel fwd, close L next to R, tap R heel fwd, close R next to L
7&8 Tap L heel fwd, clap, clap

SECTION 6 BALL, ROCK FWD, RECOVER, SHUFFLE ¼ TURN, JAZZ BOX (3)

&1-2 Step L next to R, rock fwd R, recover L
3&4 ¼ turn R stepping R to R side, close L next to R, step R to R side
5-6 Cross L over R, step back R
7-8 Step L to L side, step fwd R

SECTION 7 ROCK, RECOVER, SHUFFLE ½ TURN, HEEL SWITCHES, CLAP CLAP (9)

1-2 Rock L fwd, recover R
3&4 ¼ turn over L shoulder stepping L to L side, close R next to L, ¼ turn L stepping L fwd
5&6&& Tap R heel fwd, close next to L, tap L heel fwd, close next to R
7&8 Tap R heel fwd, clap clap

SECTION 8 BALL, ROCK FWD, RECOVER, SHUFFLE ¼ TURN, JAZZ BOX (6)

&1-2 Step R next to L, rock fwd L, recover R
3&4 ¼ turn L stepping L to L side, close R next to L, step L to L side

5-6 Cross R over L, step back L
7-8 Step R to R side, cross L over R

WE HOPE YOU ENJOY OUR CREATION! ANY QUESTIONS OR QUERIES PLEASE GET IN TOUCH!

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