

Supa Fly

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Jill Babinec (USA) & Jo Thompson Szymanski (USA) - 27 February 2025
音乐: SUPA GOOD!!! - Yung Gravy : (iTunes - Dog Man Movie OST)



SEQ: 32 – T – 32 – 32 – T – 32 – 32 – T – 32 – T – 32 – T – T*

Intro: Quick start – Wow (scream) I Feel Good – starts on word Good

[1-8] RT SYNCOPATED WEAVE, SAILOR, SAILOR ¼ TURN

1- 2&3 Step R to rt side (1), Step L behind R (2), Step R to rt side (&), Cross L over R (3)
4- 5&6 Step R to rt side (4), Step L behind R (5), Step R to rt side (&), Step L to L side (6)
7&8 Step R behind L (7), Make ¼ turn rt stepping L to L side (&), Step R fwd (8) (3:00)

[9-16] L SYNCOPATED WEAVE , STEP BEHIND, SWEEP ¼ TURN, COASTER

1- 2&3 Step L to L side (1), Step R behind L (2), Step L to L side (&), Step R across L (3)
4 - 5 Step L to L side (4), Step R behind L starting to sweep L back (5)
6 Continue sweeping L back as you turn 1/4 L (12:00)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

[17-24] R ROCKING CHAIR, 1/8 PIVOT TURN (X2)(STYLE WITH HIP ROLLS)

1 - 4 Rock fwd on R (1), Recover back on L (2), Rock R back (3), Recover forward on L (4)
5 - 6 Step R fwd (5), Pivot 1/8 L rolling hips shifting weight to L (6)
7 - 8 Step R fwd (7), Pivot 1/8 L rolling hips shifting weight to L (8) (9:00)

(5-8 feel free to have fun and add your own styling – ex) you could wobble the knees in out as you turn)

[25-32] DIAGONAL STEP TOUCH, DIAGONAL FWD STEP TOUCH, ZIGZAGS BACK

1 - 2 Step R fwd on Rt diagonal (1), Touch L next to Rt (2)
3 - 4 Step L fwd on L diagonal (3), Touch R next to L (4)
&5&6 Step R diagonally back (&), Touch L next to R (5), Step L diagonally back (&), Touch R next to L (6)
&7&8 Step R diagonally back (&), Touch L next to R (7), Step L diagonally back (&), Touch R next to L (8) (9:00)

SO GOOD TAG: (“So good, so good lyrics)

(tags happen on all the side walls {3:00, 9:00} + 1 on back wall {6:00} when music is instrumental)

[1-8] & TOUCH, BUMP BUMP HOLD (2X)

&1 Step R to rt side (&), Touch L next to R (1)
2-4 Shift weight to L bumping hips L (2), Shift weight to R bumping hips Rt (3), Hold (4)
&5 L step side (&), Touch R next to L (5)
6-8 Shift weight to R bumping hips Rt (6), Shift weight to L bumping hips L (7), Hold (8)

[9-16] V STEP, PRESS, LONG STEP AND DRAG

1-2 Step R fwd on rt diagonal (1), Step L fwd on L diagonal (2),
3-4 Step R back to center (3), Step L next to R (4)
5-6 *Press R to rt side (5), Push off and take Large step to L (6)
7-8 *Drag R next to L for 2 counts (7,8)

(* Ending: on last tag you will leave out 5-8 and replace with a 3/4 Rt walk around and pose counts, 5,6,7,8,1,2,3, hold 4...pose facing 12:00)