

Superman

拍数: 72 墙数: 2 级数: Intermediate/Advanced
编舞者: Lu Olsen (AUS)
音乐: Superman - Ronan Keating



BEHIND, REPLACE, ½ STEP BACK, ½ TURN - HOOK, ¼ TURN STEP SIDE, ROCK BEHIND, REPLACE WEIGHT, RIGHT ¼ TURN, ½ STEP FORWARD

1-2& Rock right behind left, replace weight on left, ½ turn left turn and step right back
3-4 ½ turn left turn and step left forward hooking right behind left knee, ¼ turn left turn, step right to right side 9:00
5-6 Rock left behind right, replace weight on right
&7-8 ¼ turn right turn and step left back, ½ turn right turn right forward, step left forward, 6:00

SIDE/Drag, FORWARD, BESIDE, FORWARD, BESIDE, TOGETHER, BACK, SWEEP, ¼ RIGHT TURNING SAILOR

1-2& Step right to right and drag left towards right, step left forward at left diagonal, step right beside left
3-4& Step left forward at left diagonal and drag right towards left, step right to right side, step left beside right
5-6 Step right back, sweep left behind right
7&8 ¼ turn right turning sailor stepping right-left-right

End wall 2 9:00

& BEHIND, REPLACE, ¼ BACK ½ TURN FORWARD, FORWARD, CROSS, LEFT TO SIDE, RIGHT TO SIDE, CROSS ½ TURN, TOGETHER

1-2&3 Rock left behind right, replace weight onto right, ¼ turn right turn and step left back, ½ turn right turn and step right forward
&4 Step left forward, cross right over left
5-6 Rock left to left side, rock right to right side
7&8& Cross left over right, ¼ turn left turn step right back, ¼ turn left turn step left forward, step right beside left, 12:00

BEHIND, REPLACE, ¼ BACK ½ TURN FORWARD, FORWARD, CROSS, LEFT TO SIDE, RIGHT TO SIDE, CROSS ½ TURN, TOGETHER

1-2&3& Rock left behind right, replace weight onto right, ¼ turn right turn and step left back, ½ turn right turn and step right forward
&4 Step left forward, cross right over left
5-6 Rock left to left side, rock right to right side
7&8& Cross left over right, ¼ turn left turn step right back, ¼ turn left turn step left forward, step right beside left, 3:00

SWEEP, SWEEP, BEHIND, SIDE, CROSS, SWEEP, SWEEP, CROSS, SIDE BEHIND, SIDE

1-2-3&4 (Moving back) sweep left behind right, sweep right behind left, step left behind right, step right to right side, cross left over right
5-6 (Moving forward) sweep right over left, sweep left over right
7&8& Cross right over left, step left to left side, step right behind left, step left to left side 3:00

At the end of wall 5, add

1-2-3 Cross right over left, step left to left side, slow drag/sweep right into a ¼ turn right turn & start next wall at 12:00)

LUNGE FORWARD, REPLACE, ½ TURN STEP FORWARD, LUNGE FORWARD, BACK, FORWARD, BACK, ½ ¼ TURN LEFT SAILOR

- 1-2&3 Lunge right forward, replace weight onto left, ½ turn right turn & step right forward, lunge left forward
- 4& Rock right back in place, rock left forward in place
- 5&6 Rock back on right, ½ turn left turn and step left forward, ¼ turn left turn and step right to right side, 12:00
- 7&8 (Left sailor) step left behind right, step right to right side, step left to left side

& BESIDE, ROCK BACK, FORWARD, FULL LEFT SHUFFLE TURN, FORWARD, BACK/BRUSH FULL RIGHT SHUFFLE TURN, FORWARD

- &1-2-3&4 Step right beside left, rock left back, step right forward & drag left, full forward left shuffle turn stepping left-right-left
- 5-6 Step right forward, step left back and brush right over left
- 7&8& Full forward right shuffle turn stepping right, left right, step left forward, 12:00

BACK, CROSS, BESIDE, BACK, REPLACE, BESIDE, (REPEAT)

- 1-2& Step right back at right diagonal, drag & step left over right, step right to right side
- 3-4& Step left back at left diagonal, rock right in place, step left beside right
- 5-6& Step right back at right diagonal, drag & step left over right, step right to right side
- 7-8& Step left back at left diagonal, rock right in place, step left beside right, 12:00

BEHIND, UNWIND, SIDE, CROSS, SIDE, SIDE, CROSS, ½ TURN STEP FORWARD SIDE, BESIDE FORWARD

- 1-2 Right toe behind left, full right unwind (weight on right)
- &3-4& Step left to left side, cross right over left, step left to left side, step right to right side
- 5-6 Cross left over right, ½ turn right turn and step right forward
- 7&8 Step left to left side, step right beside left, step left slightly forward 6:00

REPEAT

RESTART

On wall 2, start 6:00. Dance to count 16 without turning the sailor step, then add

& Step left together

To start wall 3 at 12:00

Wall 4 starts at 6:00. Dance to count 48 to commence wall 5 at 6:00

Wall 5 starts at 6:00. Dance to count 40 & add

1-2-3 Cross right over left, step left to left side, slow drag/sweep right into a ¼ turn right turn

Start next wall at 12:00

ENDING

On wall 6, dance to count 18 & then add the following to finish

19-20-21&22 Rock right back, rock left forward and drag right towards left, full right turn shuffle forward stepping right-left-right

&23-24 Step left beside right, step right forward, drag left towards right