

Superstar

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数:
编舞者: Tripple xXx (UK)
音乐: Superstar - Jamelia



KICK BALL CHANGE, MAMBO CROSS, STEP TO THE SIDE, BEHIND STEP, TURN ¼ FORWARD, FORWARD

- 1 Kick right foot to 2:00
- & Put weight on right foot
- 2 Put weight on left foot
- 3&4 Make a mambo cross with right foot to 11:00
- 5 Step left foot to 9:00
- 6 Put right foot behind left foot
- 7 Turn ¼ over your left foot shoulder and step forward to 9:00
- & Step forward on right foot
- 8 Step forward on left foot to 9:00

WALK BACK, APPLEJACK, HIP MOVEMENTS

- 1 Step back with right foot
- 2 Step back with left foot
- 3 Step back with right foot
- 4 Step back with left foot
- 5 Make a applejack to the left and swing your hip into it
- 6 Make a applejack to the right and swing your hip into it
- 7 Make a applejack to the left and swing your hip into it
- 8 Make a applejack to the right and swing your hip into it

ARMS HIP MOVEMENTS, KICK BALL CHANGE, MAMBO CROSS

- 1 Put both arms in the air and wave them to the right, while doing this move your right hip also into the right direction
- & Keep your arms in the air and wave to the left, do the same with your hips
- 2 Repeat count 1
- 3&4 Repeat count 1&2
- 5 Kick right foot to 10:00
- & Put weight on right foot
- 6 Put weight on left foot
- 7&8 Make a mambo cross with right foot to 8:00

STEP FORWARD, SAILOR STEP, STEP FORWARD, STEP BACK TURN ¼, TURN ½, POINT FORWARD, SWIVEL

- 1 Step left foot to 7:00
- 2&3 Make a sailor step start with right foot, finish facing 11:00
- 4 Step forward on left foot to 11:00
- 5 Turn ¼ over your left shoulder while doing this step back on your right foot
- 6 Turn ½ over your left foot shoulder and step forward on left foot to 3:00
- 7 Point right foot forward, keep weight on left foot
- & Swivel both heels to right
- 8 Put both heels back in place

REPEAT

