

Superhero

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rob Fowler (ES) - November 2006
音乐: Superhero - Rick Guard : (CD: One Liners)



Start: On the main vocals, (after the intro count 16 and start)

Side Rock, Cross Shuffle, Side Rock, Behind Side Cross

1,2 Rock right to right side, recover to left
3 Cross right over left, left to left side, cross right over left
5,6 Rock left to left side, recover to right
7 Step left behind right, step right to right side, cross left over right

2 x ½ Pivot Turns, Rock Step, ½ Turn Shuffle

1,2 Step forward on right, make ½ turn right
3,4 Step forward on right, make ½ turn right
5,6 Rock forward right, recover back on left
7 Make ½ turn right onto right, step left next to right, step right forward

Rock Step, Coaster Step, Side Together ¼ Turn Shuffle

1,2 Rock forward left, recover back onto right
3 Step back on left, step right next to left, step forward on left
5,6 Step right to right side, step left behind right
7 Make ¼ turn right onto right, step left next to right, step forward right

Step ½ Pivot Turn, ¼ Side Turn, ¼ Turn Left Shuffle Forward, Kickball Change.

1,2 Step forward left Make ½ Turn Right
3,4 Make ¼ Turn right, step left to left side, cross right behind left
5 Make ¼ turn left onto left, step right next to left, step forward left
7 Kick right forward, step right next to left, replace weight onto left

Start Again
