

Superwoman

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Superwoman - Shontelle



BALL STEP, ½ TURN RIGHT, SAILOR PRESS, RECOVER, PRESS, COASTER STEP

- &1-2 Step left next to right, step right forward, make ½ turn right stepping left foot back
3&4 Step right behind left, step left to left side, press right to right side and slightly forward to right diagonal (right shoulder pops up)
5-6 Recover back on left popping left shoulder up as right drops (sway hip to left), press right to right side and slightly forward popping right shoulder up (and sway hip to right)
7&8 Step left foot back, step right beside left, step left foot forward

Counts 4-5-6 should feel like smooth hip sways with small effective presses

BALL TOUCH, HIP ROLL, ¼ TURN SIT, RIGHT LOCK, 2X WALKS AND SHUFFLE (COMPLETING FULL TURN)

- &1 Bring right to left in place, touch left to left side
2&3 Roll hips to the left once for 2& (to the left), make a sharp ¼ turn right sitting back on left foot over left hip popping right knee forward
4&5 Step right forward, lock left behind right, make ¼ turn right walking forward on right
6 Make another ¼ turn right walking forward on left
7&8 Make ¼ turn right stepping right forward, bring left up to right, make ¼ turn right stepping right forward

MAKE ½ TURN STEPPING BACK, BACK DRAG, LOCKSTEP (OR FULL TURN LEFT), SWEEP, CROSS, BACK SIDE CROSS

- 1 Make ½ turn right stepping left slightly back
2-3 Step right a large step back, slide/drag left towards right finishing with left hooked across right leg clicking hands at shoulder height
4&5 Step left forward, lock right behind left, step left forward
Preferred: full turn left with left, right, left - Shontelle sings "turn around"
6-7 Make ¼ turn left sweeping right foot around, cross right over left
8&1 Step left back and slightly left, step right in place, cross left over right

ROCK & CROSS, SIDE BEHIND ¼, PIVOT ½, WALK WALK

- 2&3 Rock right to right side, recover on left, cross right over left
4&5 Step left to left side, cross right behind left, make ¼ turn left stepping left forward
6&7 Step right forward, pivot ½ left stepping left forward, step right forward
8 Step left forward

FORWARD ROCK, SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, BEHIND ¼ TURN RIGHT AND STEP FORWARD

- 1&2& Rock forward on right, recover back on left, rock side right on right, recover on left
3&4 Step right behind left, step left slightly to left side, cross right over left
5-6 Rock left to left side, recover on right (sway hips)
7&8 Step left behind right, step right forward making ¼ turn right, step left forward (prep for next turn)

FULL TURN BACK, COASTER STEP, STEP, HITCH, CROSS BACK, SIDE

- 1-2 Make ½ turn right stepping forward right, make ½ turn right and step left back
3&4 Step right back, step left next to right, step right forward
5-6 Step left forward, face left diagonal and hitch right knee

7&8 Cross right over left, step back on left straightening to face wall, step right to right side (like a rock)

SIDE, BEHIND ¼ TURN, PIVOT ½ TURN, MAMBO FORWARD, MAMBO BACK

1-2& Step left to left side (recover), step right behind left, make ¼ left and step left forward

3-4 Step right forward, make ½ turn left

5&6 Rock right forward, recover on left, step right back

7&8 Rock back on left, recover on right, step left forward

HITCH & HEEL, DIAGONAL SLIDE, SIDE SLIDE, COASTER STEP

1&2& Hitch right knee, step right back, dig left heel forward, step left in place

3-4 Step right a large step forward to right diagonal (facing left diagonal), slide left to meet right and touch together

5-6 Step left a large step to left side, slide right to meet left and touch together

7&8 Step right back, step left beside right, step right forward

Begin again
