

No Superman

COPPERKNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Darren Bailey (UK), Henrik Grønvold (NOR) & Daniel Trepát (NL) - September 2011
音乐: I Am No Superman (feat. Stay-C) - Jeronimo



Cross step. Side step

1&2& Cross RF over LF, weight back to LF, step RF to R, weight back to LF
3&4 Cross RF behind LF, weight back to LF, step RF to R
5&6& Cross LF over RF, weight back to RF, step LF to L, weight back to RF
7&8 Cross LF behind RF, weight back to RF, step LF to L

Hip rolls, 1/2 turn, coaster step, samba cross

1,2,3,4 Step RF forward and roll hips from R to L while making a ½ turn over L shoulder, ending with weight on RF
5&6 Step LF back, step RF beside LF, step LF forward
7&8 Step RF to R, weight back to LF, cross RF over LF

Shuffle full turn, syncopated cross step, slide, touch

1&2& Step LF ¼ turn to L, step RF beside LF, step LF ¼ turn to L, step RF beside LF
3&4 Step LF ¼ turn to L, step RF beside LF, step LF ¼ turn to L
5&6 Cross RF over LF, step LF to L, cross RF behind LF
7,8 Slide LF to L side, touch RF beside LF, facing R diagonal (1/8 turn to R)

Hitch, step 1/8 turn R, L shuffle, walk ½ turn,

&1&2 Hitch R knee, step RF back to L diagonal, step LF back, step RF 1/8 turn to R
3&4 Step LF forward, step RF beside LF, step LF forward
5,6, Step RF forward, step LF ¼ turn to L
7,8 Step RF forward, step LF ¼ turn to L and flick RF back

Enjoy and feel the beat!!!
