

Super

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Judith Kennedy (UK) - April 2012
音乐: Super Trouper - ABBA : (Album: ABBA Gold / SOS The Best of ABBA / Super Trouper)



Alt. Tracks:-

Super Trouper by Meryl Streep, Julie Walters & Christine Baranski [CD: Mamma Mia Soundtrack]
Waterloo by ABBA [ABBA Gold] 147 bpm

Start dancing on lyrics (I was sick and tired

SIDE, BEHIND, SIDE, IN FRONT, CHASSE, ROCK BACK, RECOVER

1-2 Step right to side, cross-cross left behind right
3-4 Step right to side, cross-step left in front of right
5&6 Chassé side right, left, right
7-8 Rock to left foot behind right, recover to right

SIDE, BEHIND, SHUFFLE WITH TURN ¼ LEFT, ROCKING CHAIR

9-10 Step left to side, cross-cross right behind left
11&12 Turn ¼ left and left forward shuffle left, right, left (9:00)
13-14 Rock right forward, recover to left
15-16 Rock right back, recover to left

SISE ROCK, RECOVER, CROSS SHUFFLE, WEAVE

17-18 Rock right to side, recover to left
19&20 Crossing shuffle right, left, right
21-22 Step left to side, cross-cross right behind left
23-24 Step left to side, cross-step right in front of left

SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP RIGHT, HOLD, ROCK, RECOVER

25-26 Rock left to side, recover to right
27&28 Crossing shuffle left, right, left

Restart from beginning at this point on 3rd wall

29-30 Step right to side, hold
&31-32 Step left together, rock right to side, recover to left

ROCK BACK, RECOVER, STEP, TURN, WALK, WALK, SHUFFLE

33-34 Rock back to right foot, recover to left
35-36 Step right forward, pivot half a turn left (3:00)

At this point on 6th wall, jazz box i.e. Cross right over left, step back to left, step right to side, cross left over right then restart dance from beginning

37-38 Step right forward then left
39&40 Chassé forward right, left, right

CROSS, SIDE, BEHIND, POINT TWICE

41-42 Cross left over right, step right to side
43-44 Cross left behind right, touch right to side
45-46 Cross right over left, step left to side
47-48 Cross right behind left, touch left to side

ROCK BACK, RECOVER, STEP, TURN, WALK, WALK, SHUFFLE

49-50 Rock back to left foot, recover to right

51-52 Step left forward, pivot half a turn right (9:00)
53-54 Step left forward then right
55&56 Chassé forward left, right, left

STEP, HITCH, STEP BACK, POINT, JAZZ BOX WITH CROSS

57-58 Step right forward, hitch left (angled slightly to right diagonal)
59-60 Step back to left, touch right to side
61-62 Cross right over left, step back to left (square to front)
63-64 Step right to side, cross left over right

REPEAT

RESTART: During 3rd wall (4th section after step 28 ie rock left, recover, left cross shuffle) begin again

TAG & RESTART: During 6th wall in 5th section after step 36:-

Right Jazz Box

1-2 Cross right over left, step back to left
3-4 Step right to side, cross left over right

Then begin dance again from beginning

ENJOY!
