

# Superheroes

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Val O'Connor (UK) - September 2014  
音樂: Superheroes - The Script : (Album: No Sound Without Silence or Single - 4:00)



**INTRO: 32 Counts ( 23 secs approx. ) Start just after vocals begin on the word "Life"**

**Please note you will only dance the first 24 counts on walls 1, 2 & 4**

**TOUCH R OUT IN STEP, L ROCK BACK SIDE, R BEHIND ¼ L STEP FORWARD, L ROCK ½ L**

1&2      Touch R out to R side, touch R in next to L, step R to R side  
3&4      Rock back on L, recover weight onto R, step L to L side  
5&6      Cross step R behind L, turn ¼ L stepping forward on L, step forward onto R (9 o'clock)  
7&8      Rock forward on L, recover weight on R, 1/2 L stepping forward on L (3 o'clock)  
**(Non turners may do step forward L, ½ R stepping onto R, step forward on L)**

**TRIPLE L TURN, L LOCK STEP, R ROCKING CHAIR, R ROCK ½ R, STEP L NEXT TO R**

1&2      Turn ½ L stepping back on R, ½ turn L stepping forward on L, step forward on R  
3&4      Step forward on L, lock R behind L, step forward on L  
5&6&      Rock forward on R, recover weight on L, rock back on R, recover weight on L  
7&8&      Rock forward on R, recover weight on L, ½ R turn stepping on R, step L next to R (9 o'clock)

**SIDE R TOUCH L, SIDE L TOUCH R, R KICK OUT OUT R TOGETHER, FORWARD L TAP R, BACK R, HITCH L, L COASTER CROSS.**

1&2&      Step R to R side touch L next to R, step L to L side touch R next to L  
3&4&      Kick R across L, step out R & L, (&) step R next to L  
5&6&      Step forward on L, tap R behind L, step back on R, (&)hitch L  
7&8      Step back on L, step R next to L, cross step L over R

**ONLY DANCE UP TO HERE ON WALLS 1, 2 & 4 AND THEN RESTART FROM BEGINNING**

**R SIDE TOGETHER SIDE R KICK L, L ROCK BACK ¼ L, STEP R ½, ¼, SIDE R, L BEHIND SIDE CROSS**

1&2&      Step R to R side, step L next to R, step R to R side, (&) kick L to L diagonal (3 o'clock)  
3&4      Rock back on L, recover weight on R, turn ¼ L stepping forward on L (12 o'clock)  
5&6      Step forward on R, ½ L stepping forward on L, ¼ L stepping R to R side (3 o'clock)  
7&8      Cross step L behind R, step R to R side, cross L across R

**TAG 1 HERE ON WALL 3, TAG 2 HERE ON WALL 7**

**TAG 1: ( 1-2-3&4, 5-6-7&8 ) Sway R L, R side together side, Sway L R, L side together side**

**TAG 2: ( 1-2-3-4 ) Sway R L R L,**

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<https://www.youtube.com/watch?v=8mjkWXiPtXc&feature=youtu.be>