

# Super Girls

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Ross Brown (ENG) - October 2014  
音樂: Super Girls (feat. Michelle Guty & Beto Perez) - Mara



Intro: 36 counts

**S1: □SIDE, HEEL SWIVELS or APPLEJACKS. BALL, CROSS. TAP, SIDE PRESS. BEHIND, SIDE, CROSS.**

1 & 2 & 3      Step right to the right, swivel left heel in, swivel left heel back, swivel right heel in, swivel right heel back.

& 4      Step left next to right, cross step right over left.

& 5 - 6      Tap left toe to the left (shoulder width apart), press left to the left, recover onto right.

7 & 8      Cross step left behind right, step right to the right, cross step left over right. (12 o'clock)

**Alternative: Counts 1 & 2 & 3 can be replaced with APPLEJACKS.**

**S2: □TAP, SIDE PRESS. BEHIND, SIDE, STEP. HEEL SWIVEL. WALK BACK with KNEE POPS.**

& 1 - 2      Tap right toe to the right (shoulder width apart), press right to the right, recover onto left.

3 & 4      Cross step right behind left, step left to the left, step forward with right.

& 5 - 6      Swivel both heels to the right, swivel both heels back, walk back with right popping left knee forward.

7 - 8      Walk back with left popping right knee forward, walk back with right popping left knee forward. (12 o'clock)

**S3: □BALL, SIDE ¼ TURN L, DRAG. HIP BUMPS or KNEE PUSHES. SIDE ¼ TURN L, DRAG. HIP BUMPS or KNEE PUSHES.**

& 1 - 2      Step left next to right, make a ¼ turn left stepping right to the right, drag left up to right.

& 3 & 4      In a bumping fashion; lift left hip up, lower left hip, lift left hip up, lower left hip.

5 - 6      Make a ¼ turn left stepping left to the left, drag right up to left.

& 7 & 8      In a bumping fashion; lift right hip up, lower right hip, lift right hip up, lower right hip. (6 o'clock)

**Alternative: Counts & 3 & 4 and & 7 & 8 can be replaced by pushing both knees forward twice.**

**S4: □SIDE ¼ TURN L, DRAG. HIP BUMPS or KNEE PUSHES. BALL, STEP. STEP, PIVOT ½ TURN R, BACK ½ TURN R.**

1 - 2      Step left next to right, make a ¼ turn left stepping right to the right, drag left up to right.

& 3 & 4      In a bumping fashion; lift left hip up, lower left hip, lift left hip up, lower left hip. (See above "Alternative")

& 5      Step left next to right, step forward with right.

6 - 7 - 8      Step forward with left, pivot a ½ turn right, make a ½ turn right stepping back with left. (3 o'clock)

**S5: □SIDE ¼ TURN R. WEAVE RIGHT. SIDE TOUCH, FLICK ¼ TURN L, STEP. LOCK, OUT, OUT.**

1 - 2      Make a ¼ turn right stepping right to the right, cross step left over right.

& 3 & 4      Step right to the right, cross step left behind right, step right to the right, cross step left over right. (\*R\*)

& 5 - 6      Touch right toe to the right, make a ¼ turn left flicking right foot back, step forward with right.

7 & 8      Lock left foot behind right, step forward and out with right, step forward and out with left. (3 o'clock)

**S6: □"AROUND THE WORLD": (GRADUAL ¾ TURN R) CROSS, SIDE, BEHIND. BEHIND, SIDE, CROSS. X2.**

1 & 2      Cross step right over left, step left to the left, cross step right behind left.

3 & 4      Make a ¼ turn right stepping left behind right, step right to the right, cross step left over right.

- 5 & 6            Make a ¼ turn right stepping right over left, step left to the left, cross step right behind left.  
7 & 8            Make a ¼ turn right stepping left behind right, step right to the right, cross step left over right.  
(12 o'clock)

**S7: □ DIAGONAL STEP, DRAG. KNEE POP ¼ TURN L, KNEE POP. BALL, DIAGONAL STEP, DRAG.  
KNEE POP ¼ TURN L, KNEE POP.**

- 1 - 2            Step right foot forward to right diagonal (1:30), drag left up to right.  
3 - 4            Make a ¼ turn left popping right knee forward, return right knee to normal and pop left knee forward.  
& 5 - 6          Step left next to right, step right foot forward to right diagonal (10:30), drag left up to right.  
7 - 8            Make a ¼ turn left popping right knee forward, return right knee to normal and pop left knee forward. (7:30)

**S8: □ BALL, DIAGONAL STEP, DRAG. KNEE POP ¼ TURN L, KNEE POP. BALL, JAZZ BOX with CROSS.**

- & 1 - 2          Step left next to right, step right foot forward to right diagonal (7:30), drag left up to right.  
3 - 4            Make a ¼ turn left popping right knee forward, return right knee to normal and pop left knee forward.  
& 5 - 6 - 7 - 8    Step left next to right, cross step right over left, step back with left, step right to the right, cross step left over right. (6 o'clock)

**Restart □ On Wall 5, Restart the dance after 36 Counts (\*R\*) facing BACK WALL.**

**\* No Restart needed if dancing to "All About That Bass".**

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