

# Superstitious

拍數: 140      牆數: 1      級數: Phrased Advanced  
編舞者: Roy Verdonk (NL), Daniel Trepát (NL), Laura Bartolomei (FR) & Nisrine Verdonk (NL) - August 2016  
音樂: Superstitious - MKTO



Intro : 16 counts - Phrasing : A, B, C, A, C, D, B, C\*,C □□□□

A=56 counts - B=16 counts - C=36 counts - D=32 counts

## Part A

### AS1: Side, Behind, Side, Touch Forward, Swivel, Ball/Mambo Cross, Syncopated Weave

1-2&      Rf step right, Lf cross behind Rf, Rf small step right (&)  
3&4      Lf touch forward, Bf swivel heels left ( & ), Bf swivel heels centre  
&5&6      Lf step together ( & ), Rf rock step right, recover onto Lf ( & ), Rf cross in front of Lf  
&7&8      Lf step left(&), Rf cross behind Lf , Lf step left ( & ), Rf cross in front of Lf

### AS2: Slide L, Hold, Syncopated Swivels In (Heel/Toe/Heel), Hitch R, Coaster R, 1/2 Turn L, Syncopated 1/2 Turn L

1-2      Lf big step left, hold  
&3&4      Rf heel in (&),Rf toes in, Rf heel in (&), Rf hitch knee  
5&6      Rf step back, Lf step together ( & ), Rf step forward  
7&8      make 1 / 2 turn left stepping Lf forward ( 6.00 ) , Rf step forward (&), make 1 / 2 turn left stepping Lf forward (12.00 )

### AS3: Syncopated Rocking Chair, Slide R, Touch L, Syncopated Rocking Chair, Slide L, Touch R

1&2&      Rf rock forward, recover onto Lf ( & ) , Rf rock back, recover onto Lf ( & )  
3-4      Rf big step right, Lf touch next to Rf  
5&6&      Lf rock forward, recover onto Rf (&), Lf rock back , recover onto Rf ( & )  
7-8      Lf big step left, Rf touch next to Lf

### AS4: Side, Behind, Side, Touch Forward, Swivel, Ball/Mambo Cross, Syncopated Weave

1-2&      Rf step right, Lf cross behind Rf, Rf small step right (&)  
3&4      Lf touch forward, Bf swivel heels left ( & ), Bf swivel heels centre  
&5&6      Lf step together ( & ), Rf rock step right, recover onto Lf ( & ), Rf cross in front of Lf  
&7&8      Lf step left(&), Rf cross behind Lf , Lf step left ( & ), Rf cross in front of Lf

### AS5: Slide L, Hold, Syncopated Swivels In (Heel/Toe/Heel), Hitch R, Coaster R, 1/2 Turn L, Syncopated 1/2 Turn L

1-2      Lf big step left, hold  
&3&4      Rf heel in (&),Rf toes in, Rf heel in (&), Rf hitch knee  
5&6      Rf step back, Lf step together ( & ), Rf step forward  
7&8      make 1 / 2 turn left stepping Lf forward ( 6.00 ) , Rf step forward (&), make 1 / 2 turn left stepping Lf forward (12.00 )

### AS6: Syncopated Rocking Chair, Slide R, Touch L, Syncopated Rocking Chair, Slide L, Touch R

1&2&      Rf rock forward, recover onto Lf ( & ) , Rf rock back, recover onto Lf ( & )  
3-4      Rf big step right, Lf touch next to Rf  
5&6&      Lf rock forward, recover onto Rf (&), Lf rock back , recover onto Rf ( & )  
7-8      Lf big step left, Rf touch next to Lf

(NB section 4 , 5, 6 is a repetition of section 1, 2, 3)

### AS7: Full Turn R With Sweep, Full Paddle Turn R

- 1-2-3-4      make 1 / 4 turn right stepping Rf forward ( 3.00 ), make 3/4 turn right sweeping Lf around from back to front ( 2-3), Lf touch next to Rf ( 12.00 )
- &5            make 1 / 4 turn right (&), Lf left touch left ( 3.00 )
- &6            make 1 / 4 turn right (&), Lf left touch left ( 6.00 )
- &7            make 1 / 4 turn right (&), Lf left touch left ( 9.00 )
- &8            make 1 / 4 turn right (&), Lf step together ( 12.00 )

**Part B**

**BS1: Rhumba Box R, Lock Step Forward R, Paddle Turn L**

- 1&2            Rf step right, Lf step together ( & ), Rf step forward
- 3&4            Lf step forward, Rf lock behind Lf ( & ), Lf step forward
- 5&            make 1 / 8 turn left pushing Rf right, recover Lf
- 6&            make 1 / 8 turn left pushing Rf right, recover Lf
- 7&            make 1 / 8 turn left pushing Rf right, recover Lf
- 8            make 1 / 8 turn left stepping Rf together ( 6.00 )

**BS2: Rhumba Box L, Lock Step Forward L, Paddle Turn R**

- 1&2            Lf step left, Rf step together ( & ), Lf step forward
- 3&4            Rf step forward, Lf lock behind Rf ( & ), Rf step forward
- 5&            make 1 / 8 turn right pushing Lf left, recover Rf
- 6&            make 1 / 8 turn right pushing Lf left, recover Rf
- 7&            make 1 / 8 turn right pushing Lf left, recover Rf
- 8            make 1 / 8 turn right stepping Lf together ( 12.00 )

**Part C**

**CS1: Out/Out/Together, Cross, Side, Modified Sailor Steps Travelling Forward, 1/4 Turn L, Side, Touch Behind**

- 1&2            Rf step right, Lf step left ( & ), Rf step together
- 3-4            Lf cross in front of Rf, Rf step right
- 5&6            Lf cross behind Rf, Rf step diagonally forward right ( & ), Lf step diagonally forward left
- &7&            Rf cross behind Lf ( & ), Lf step forward, make 1 / 4 turn left stepping Rf right ( 9.00 ) (&)
- 8            Lf touch behind Rf

**CS2: Full Turn L, Shuffle L, Heel Grind R With 1/4 Turn R, Heel Grind L**

- 1-2            make 1 / 4 turn left stepping Lf forward ( 6.00 ), make 1 / 2 turn left stepping Rf back ( 12.00 )
- 3&4            make 1 / 4 turn left stepping Lf left ( 9.00 ), Rf step together ( & ), Lf step left
- 5-6&            Rf dig heel forward with toes turned in , make 1 / 4 turn right on right heel turning toes out stepping Lf back ( 12.00 ), Rf step together ( & )
- 7-8&            Lf dig heel forward with toes turned in, turn toes out stepping back on Rf, Lf step together ( & )

**CS3: Heel Swivel R, Heel Swivel L , Out/Out/Ball/Cross, Unwind 1/2 Turn L**

- 1&2            Rf point toes forward, swivel heel right (&), swivel heel back to centre taking weight on Rf
- 3&4            Lf point toes forward, swivel heel left (&), swivel heel back to centre keeping weight on Rf
- &5&6            Lf step left ( & ), Rf step right, Lf step together ( & ), Rf cross in front of Lf
- 7-8            unwind 1/2 turn left over 2 counts ending with weight on Lf (6.00)

**CS4: Walks Forward R/L, Sailor With 1/2 turn R, Walks Forward L/R, Brush, Out, Touch**

- 1-2            Rf step forward , Lf step forward
- 3&4            Rf cross behind Lf making 1/4 turn right (9.00 ), Lf step left ( & ), make 1/4 turn right stepping Rf forward (12.00 )
- 5-6            Lf step forward, Rf step forward
- 7&8            Lf brush next to Rf, Lf step left ( & ), Rf touch right

( N.B. restart part C \* here )

**CS5: Arm Movement**

1-2-3-4 RA goes forward and through hair over 4 counts

#### **Part D**

##### **DS1: Press Steps (4X ), Out/Cross/Out**

1-2 Rf press ball of foot right, Rf step together  
3-4 Lf press ball of foot left, Lf step together  
5-6 Rf press ball of foot forward, Rf step together  
7 Lf press ball of foot forward  
8&1 Bf jump out, Bf jump in Rf in front of Lf (&), Bf jump out bouncing hips left

##### **DS2: Hip Bounces L (3X), Cross/Out, Hip Bounces R (4X )**

2-3-4 bounce hips left, bounce hips left , bounce hips left  
&5 Bf jump in Lf in front of Rf (&), Bf jump out bouncing hips right  
6-7-8 bounce hips right, bounce hips right, bounce hips right

##### **DS3: Side, Cross, Side/Cross/Side, Side, Cross, Side/Cross/Side**

1-2 Lf step left, Rf cross in front of Lf  
3&4 Lf step left , Rf cross in front of Lf ( & ), Lf step left  
5-6 Rf step right, Lf cross in front of Rf  
7&8 Rf step right , Lf cross in front of Rf ( & ), Rf step right

##### **DS4: Cross, Back , Side, Together, Pose With Bounces**

1-2 Lf cross in front of Rf, Rf step back  
3-4 Lf step left, Rf step together crossing arms over each other  
5-6-7-8 bounce 4 times

**Last Update – 23rd Sept 2016**

---