

# No Superhero

拍數: 116      牆數: 2      級數: Intermediate  
編舞者: Trizia Ruggiero (UK) - March 2017  
音樂: Something Just Like This - The Chainsmokers & Coldplay



## INTRO: 14 COUNTS / start on vocals

### SECTION 1: WALKS – SIDE ROCK TOGETHER

1-2            Walk forward on R-walk forward on L  
3&4           Rock R to side – replace beside L  
5-6           Walk forward L- walk forward R  
7&8           Rock L to side- replace beside R

### SECTION 2: MONTEREY HALF TURNS

1-4           Point R toe to side –half turn to R- point L to side –replace weight onto L  
5-8           Point R toe to side- half turn R- point L to side – replace weight onto L

### SECTION 3: CROSS SIDE BEHIND POINT

1-4           Cross R over L- step L to side- step R behind L- point L to side  
5-8           Cross L over R- step R to side – step L behind R- point R to side

### SECTION 4: ROCKING CHAIR/ STEP PIVOT HALF TURN/ SAILOR QUARTER TURN

1-4           Rock forward on R-recover on L- rock back on R-recover on L  
5-6           Step forward on R –half pivot turn over L shoulder [6.00]  
7&8           Sailor quarter turn L [ 3.00 ]

### SECTION 5: ROCK/COASTERS/ SHUFFLES/ SKATES

1-2           Rock forward on R- recover on L  
3&4           sweep R back- weight onto ball of L- replace weight on R  
5-6           Rock forward on L- recover on R  
7&8           sweep L back – weight onto ball of R- repace weight on L

### SECTION 6: SHUFFLES BACK- SKATES

1&2           Step back on R- bring L to R- step back on R  
3&4           Step back on L- bring R to L-step back on L  
5-8           Skate forward R-L-R-L

### SECTION 7: STEP FORWARD/ HITCH QUARTER TURN/ JAZZBOX

1-2           Step R forward [ optional-R arm out stretched like superman]  
3-4           Hitch R knee [ whilst making quarter turn R] replace weight onto R  
5-8           Cross L over R- step back on R-step L to side –step R beside L

### SECTION 8: GRAPEVINES

1-4           Step R to side-step L behind R- step R to side – touch L beside R  
5-8           Step L to side – step R behind L- step L to side- touch R beside L

### SECTION 9: SIDE TOUCHES/ SIDE TOGETHER SIDE

1-4           Step R to side – touch L beside R- step L to side – touch R beside L  
5&6           Step R to side – angling body slightly forward-step L beside R- step R to side  
7&8           Step L to side- angling body slightly forward- step R beside L – step L to side

### SECTION 10: SIDE TOGETHER SIDE/ SIDE TOUCHES

1&2           Step R to side- angling body slightly forward- step L beside R- step R to side

3-6 Step L to side – touch R beside L- step R to side- touch L beside R  
7&8 Step L to side-angling body slightly forward- step R beside L – step L to side

**SECTION 11: SIDE TOGETHER SIDE/ SIDE TOUCHES**

1&2 Step R to side-angling body slightly forward- step L beside R- step R to side  
3&4 Step L to side – angling body slightly forward- step R beside L – step L to side  
5-8 Step R to side – touch L beside R- step L to side- touch R beside L

**[ OPTIONAL –when doing side together side stretch alternate arms out like superman]**

**SECTION 12: KICK & POINT/ JAZZBOX QUARTER TURN**

1&2 Kick R forward- point L to side  
3&4 Kick L forward- point R to side  
5-8 Cross R over L – step back [ making quarter turn] on L- step R to side – touch L beside R [9.00]

**SECTION 13: JAZZBOX QUARTER TURN/ V-STEP**

1-4 Cross L over R- step back [ making quarter turn ] on R- step L to side – step R beside L [ 6.00]  
5-8 Step R forward- step L forward- step R back – step L back

**SECTION 14: JAZZBOX QUARTER TURNS**

1-4 Cross L over R- step back [ making quarter turn] on R- step L to side – touch R beside L [3.00]  
5-8 Cross R over L- step back[making quarter turn] on L- step R to side – step L beside R [ 6.00]

**SECTION 15: V-STEP**

1-4 Step R forward- step L forward- step R back- step L back

**End of Dance**

**WALL 2- DANCE SECTIONS 1 - 8**

**TAG : SIDE TOUCHES /**

1-4 Step R to side – touch L beside R - Step L to side – touch R beside L

**CONTINUE DANCE FROM SECTION 12 [ KICK AND POINTS] TO SECTION 14 INCLUSIVE**

**RESTART DANCE FROM SECTION 9 [ SIDE TOUCHES SIDE TOGETHER SIDE] SEC 10 AND THEN**

1&2 step R to side – step L beside R- step R to side  
3&4 step L to side [ making quarter turn L] step R behind L – Step L forward

**RESTART DANCE FROM SECTION 5 -15 INCLUSIVE  
THEN REPEAT WALL ONE**

**END OF DANCE**

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