

# 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**

**Contact: [colinthebusdriver@hotmail.com](mailto:colinthebusdriver@hotmail.com)**

---