

Super Trouper

拍數: 124 牆數: 2 級數: Phrased High Beginner
編舞者: Carl Edwards (UK) - July 2018
音樂: 'Super Trouper' by the cast of Mama Mia: Here We Go Again Soundtrack



Routine follows as: A, B, B, Instrumental, A, B, B,A (up to count 40), B, B, END

(Start dance on vocals... 'I was sick and tired...' or approximately 30 secs)

PART A (64 Counts)

Section One: Weave to the Left with point, Weave to Right with point

1,2,3,4 Cross Right over Left, Step Left to side, Cross Right behind, Point Left to side
5,6,7,8 Cross Left over Right, Step Right to side, Cross Left behind, Point Right to side

Section Two: Cross Point (x2), Forward Rock, Recover, Shuffle ½ turn over Right

1,2 Cross Right over left, Point Left to side
3,4 Cross Left over Right, Point Right to side
5,6 Rock forward on Right, Recover on to Left
7&8 Step Right ¼ turn Right, Close Left to Right (&), Step Right ¼ turn Right

Section Three: Walk (x2), Forward shuffle, Forward Rock, Recover, Shuffle ½ turn over Right

1,2 Walk forward on Left, Right
3&4 Step forward on Left, Close Right up to Left, Step forward on Left
5,6 Rock forward on Right, Recover on to Left
7&8 Step Right ¼ turn Right, Close Left to Right (&), Step Right ¼ turn Right

Section Four: Walk (x2), Forward shuffle, 1/8th Pivot to Left (x2)

1,2 Walk forward on Left, Right
3&4 Step forward on Left, Close Right up to Left, Step forward on Left
5,6 Step forward on Right, Pivot 1/8th turn to Left
7,8 Step forward on Right, Pivot 1/8th turn to Left

Section Five: Cross, Side, Right Sailor Step, Cross, Side, Left Sailor ¼ turn Left

1,2 Cross Right over Left, Step left to Side
3&4 Cross Right behind Left, Step Left to side (&), Step Right to side
5,6 Cross Left over Right, Step Right to side
7&8 Cross Left behind Right, Step Right to side making ¼ turn Left, Step Left to side

Section Six: Right Lock-step forward, Left Lock-step Forward

1,2,3,4 Step Right forward, Close Left up to Right, Step Right forward, Touch Left beside Right
5,6,7,8 Step Left forward, Close Right up to Left, Step Left forward, Touch Right beside Left

Section Seven: Step back, touch and clap (x4)

1,2 Step Right diagonally back, Touch Left beside Right and clap
3,4 Step Left diagonally back, Touch Right beside Left and clap
5,6 Step Right diagonally back, Touch Left beside Right and clap
7,8 Step Left diagonally back, Touch Right beside Left and clap

Section Eight: Grapevine Right with a touch, Grapevine Left with a Touch

1,2,3,4 Step Right to side, Cross Left behind Right, Step Right to side, Touch Left beside Right
5,6,7,8 Step Left to side, Cross Right behind Left, Step Left to side, Touch Right beside Left.

PART B (32 Counts)

Section 1: Step, Hold, Step, Hold, Right Jazz Box (with rolling arms)

1,2 Step Right slightly diagonally forward pointing Right hand up, HOLD
3,4 Step Left slightly diagonally forward pointing Left hand up, HOLD
5,6,7,8 Cross Right over Left, Step back on Left, Step Right to side, Step forward on Left
(on the jazz box step, roll arms around each other for the four counts)

Section 2: Step, Hold, Step, Hold, Right Jazz Box (with rolling arms)

1,2 Step Right slightly diagonally forward pointing Right hand up, HOLD
3,4 Step Left slightly diagonally forward pointing Left hand up, HOLD
5,6,7,8 Cross Right over Left, Step back on Left, Step Right to side, Step forward on Left
(on the jazz box step, roll arms around each other for the four counts)

Section 3: Grapevine Right with a touch, Rolling vine Left with a touch*

1,2,3,4 Step Right to side, Cross Left behind Right, Step Right to side, Touch Left beside Right
5,6,7,8 Step Left to side $\frac{1}{4}$ turn, make $\frac{1}{2}$ turn Left stepping back on Right, Step Left to side $\frac{1}{4}$ turn,
Touch Right beside Left *

(*option: replace counts 5-8 with a normal grapevine Left)

Section 4: Right Kick-ball-change (x2), Step $\frac{1}{2}$ Pivot (x2)*

1&2 Kick Right foot forward, Step ball of Right next to Left (&), Recover weight on Left foot
3&4 Kick Right foot forward, Step ball of Right next to Left (&), Recover weight on Left foot
5.6 Step forward on Right foot, Pivot $\frac{1}{2}$ turn to Left*
7,8 Step forward on Right foot, Pivot $\frac{1}{2}$ turn to Left

(*option: replace counts 5-8 with a Right rocking chair)

INSTRUMENTAL SECTION (28 Counts)

Dance sections 6,7 and 8 of part A then add the following 4 counts (Rocking Chair):

1,2 Rock forward on Right foot, Recover back on Left
3,4 Rock back on Right foot, Recover forward on Left

ENDING: To finish, dance section B up to the 2 kick-ball-changes for last time then:

5 step forward on right foot
6 pivot $\frac{1}{2}$ turn to left
7 stomp right diagonally to right
8 stomp left diagonally to left.

The finishing arm raise into the pose is the same and now it finishes nicely on front wall.

Choreographers Note: Please do not be put off by the counts or the pattern as the dance fits with the music. Give it a go as the sections are very repetitive but easy to follow. Thank you!

Contact: ce23@hotmail.co.uk

Last Update - 6th Sept 2018
