

# Super Women

**COPPER** **KNOB**  
BY FEBSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Miko Yamamoto (INA) - March 2019  
音樂: Super Women by Karyn White (cover) Diane De Mesa



**Intro: 20 Count or after the music goes around 22 seconds**

**\*1 Tag – 1 Restart**

## **SECTION 1: CROSS OVER, SIDE, CROSS BEHIND, SWEEP, CROSS BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE**

1-2&3      Cross L over R (1), Step R to side (2), Cross L behind R (&), Sweep R from front to back (3)  
4&5      Cross R behind L (4), Step L to side (&), Cross rock R over L (5)  
6&7      Recover on L (6), Step R to side (&), Cross rock L over R (7)  
8&      Recover on R (8), Step L to side (&)

**Restart here on wall 4**

## **SECTION 2: CROSS OVER, TURN ¼ RIGHT, FORWARD, FORWARD, FORWARD, KICK, LIFT, BACK, BACK, BACK**

1-4      Cross R over L (1), Make ¼ turn R (2), Make ¼ turn R lift R (3), Step R forward (4)  
5&6      Step L forward (5), Step R forward (&), Kick L forward (6)  
7-8&1      Lift L (7), Step L back (8), Step R back (&), Step L back (1)

## **SECTION 3: SWAY (RIGHT, LEFT, RIGHT), LEFT ROLLING VINE, CROSS ROCK, RECOVER, RIGHT ROLLING VINE, FORWARD DIAGONAL**

2&3      Step R to side & sway R (2), Sway L (7), Sway R (3)  
4&5      Make ¼ turn L step L forward (4), Make ¼ turn L step R back (&), Make ¼ turn L step L to side (5)  
6&7      Cross rock R behind L (6), Recover on L (&), Make ¼ turn R step R forward (7)  
8&1      Make ½ turn R step L back (8), Make ¼ turn R step R to side (&), Step L forward diagonally R (1)

## **SECTION 4: FULL TURN LEFT, LIFT, BACK SIDE, DIAGONAL FORWARD, DIAGONAL FORWARD, FULL TURN LEFT, LIFT, CROSS BEHIND, SIDE**

2&3      Make ½ turn L step R back diagonal (2), Make ½ turn L step L forward (&), Lift R (3)  
4&5      Step R back (4), Step L to side (&), Step R forward diagonally L (5)  
6&7      Step L forward diagonal (6), Make ½ turn L step R back diagonal (&), Make ½ turn L while lift L (7)  
8&      Cross L behind R (8), Step R to side (&)

**Enjoy the dance**

**Restart during wall 4 after 8 count**

**Tag: (4 Count) at the end of wall 9**

1-4      Cross L over R, Step R to side & sway R, L, R

**For information about this dance please contact me at [febe.yamamoto@yahoo.com](mailto:febe.yamamoto@yahoo.com)**

**Last Update - 24 March 2019**