

Super Women

COPPER KNOB
STEPPERS

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 ½ 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

Last Update - 24 March 2019