

Super Trouper

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Super Trouper - ABBA



Intro: Start after 32 count

Restart :

After 28Count in 4Wall(9:00)

After 28Count in 12Wall(9:00)

After 28Count in 13Wall(12:00)

Note : The 12th and 13th walls do not require a restart

Tag : After 10Wall(9:00) 8Counts

Repeat the last 4section 8count

Sec 1 : Shuffle FWD R, L, FWD, side Point (R, L)

1&2 RF step forward(1), LF step beside RF(&), RF step forward(2)
3&4 LF step forward(3), RF step beside LF(&), LF step forward(4)
5-6 RF step forward(5), LF touch side to left(6)
7-8 LF step forward(7), RF touch side to right(8)

Sec 2 : Shuffle Back R, L, Revers Rocking Chair

1-2 RF step back(1), LF step beside RF(&), RF step back(2)
3-4 LF step back(3), RF step beside LF(&), LF step back(4)
5-6 RF rock back(5), recover(6)
7-8 RF rock forward(7), recover(8)

Sec 3 : Hip Bumping R, L, Turn R 1/4 Jazz Box

1-2 Hip bumping right × 2
3-4 Hip bumping left × 2
5-6 RF cross over LF, Turn 1/4 R LF step back RF,
7-8 RF step side to right, LF step forward RF (3:00)

Sec 4 : Hip Bumping R, L, Turn R 1/4 Jazz Box

1-2 Hip bumping right × 2
3-4 Hip bumping left × 2
*Restart : After 28Count in 4, 12, 13 Walls
5-6 RF cross over LF, Turn 1/4 R LF step back RF,
7-8 RF step side to right, LF step forward RF (6:00)

Tag : After 10Wall(9:00) 8Counts

Repeat the last 4section 8count

Tag : Hip Bumping R, L, Turn R 1/4 Jazz Box

1-2 Hip bumping right × 2
3-4 Hip bumping left × 2
5-6 RF cross over LF, Turn 1/4 R LF step back RF,
7-8 RF step side to right, LF step forward RF

Enjoy Dance

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