

# Superpower

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Val O'Connor (UK) - September 2019  
音樂: Superpower - Adam Lambert : (Clean version - Original version can be used but is Explicit)



**\*\*2 Restarts: 1 During 2nd wall after 32 counts**

**Intro: 8 counts on vocals - BPM: 104**

## **STEP R, ½ R, R LOCK STEP BACK, R HEEL AND TOUCH AND R HEEL AND STEP L**

1-2-3&4      Step forward R, ½ R step back on L, step back R, (&) cross L in front of R, step back R (6)  
&5&6      (&) Step slightly back on L, dig R heel forward, (&) step down on R, touch L next to R  
&7&8      (&) Step slightly back on L, dig R heel forward, (&) step down on R, step forward L

## **R KICK OUT OUT, R HEEL TOE HEEL, R SIDE ROCK CROSS, L TAP ¼ L TAP L KICK**

1&2      Kick R foot forward, (&) step R to R side, step L to L side  
3&4      Swivel R heel in towards L, (&) swivel R toe in towards L, Swivel R heel in towards L  
5&6-7&8      Rock R to R side, (&) recover on L, cross R over L, tap L slightly to L side, (&) tap L ¼ L, kick L (3)

## **L COASTER STEP, 2 PRISSY WALKS RL, R ROCKING CHAIR, STEP R FORWARD, BOUNCE BOTH HEELS ¼ L**

1&2-3-4      Step back L, (&) step R next to L, step forward L, step fwd R slightly in front of L, step fwd L slightly in front of R  
5&6&7&8      Rock forward R, (&) recover back on L, rock back R, (&) recover fwd on L, step fwd R, bounce both heels ¼ L (12)

## **CROSS R, SIDE L, R BEHIND ¼ L STEP, L CROSS ROCK SIDE ROCK, L SAILOR AND HEEL ¼ L**

&1-2-3&4      (&)Weight on L, cross R over L, L to L side, cross R behind L, (&) ¼ L step fwd L, step fwd R (9)  
5&6&      Cross rock L over R, (&) recover on R, rock L to L side, (&) recover on R  
7&8 &      Cross L behind R, (&) ¼ L step R to R side, dig L heel fwd, (&) step onto L (6) ( Wall 2 restart )

## **TOUCH R AND L HEEL AND R HEEL AND TOUCH L, R TAP TAP STEP, L SCUFF HITCH ¼ L**

1&2&3&4      Touch R next to L, (&) step onto R, dig L heel fwd, (&) step onto L, dig R heel fwd, (&) step onto R, touch L next to R  
&5&6      (&)Step down on L, ( travelling slightly to R diagonal) tap R foot fwd, (&) tap R foot fwd, step fwd on R at same time flick L foot back  
7&8      Scuff L fwd, (&) hitch L, ¼ L step fwd on L (3)

## **R ROCKING CHAIR, STEP R, 1/4 L, HEELS TOES TOGETHER, R SIDE ROCK TOUCH**

1&2&3-4      Rock fwd R, (&) recover on L, rock back on R, (&) recover fwd on L, step fwd R, ¼ L step L to L side with feet apart (12)  
5&6-7&8      Turn both heels in, (&) turn both toes in, bring both feet together, rock R to R side, (&) recover on L, touch R next to L

## **SKATE RL, R KICK BALL STEP, R SCUFF HITCH BACK, TOUCH BACK L ¼ L**

1-2-3&4      Skate fwd RL, kick R fwd, (&) step down on R, step fwd L  
5&6-7-8      Scuff R fwd, (&) hitch R, step back R, touch L toe back, turn ¼ L ( weight on L ) (9)

## **R CROSS AND HEEL, ¼ L CROSS AND HEEL, STEP R, HEEL TWISTS, R COASTER BRUSH R**

1&2&3&4      Cross R over L, (&) step back L, dig R heel fwd, (&) step onto R, cross L over R, (&) ¼ L step back R, dig L heel fwd (6)

&5&6-7&8      (&) step down L, step fwd R, (&) twist both heels R, twist both heels back to centre, (weight on L) , step back R, (&) step L next to R, brush R foot fwd

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