

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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