

Super Superwoman

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Heru Tian (INA) & Erni Jasin (INA) - November 2021
音樂: Superwoman - Titi DJ, Ashanty & Eka Gustiwana



TAG, 4 RESTARTS

***Tag : 4C at the end of wall 1 facing 3:00

1-4 Stomp RF to side, arms slowly rise up with open palms facing up

***Restart : during walls 3, 8 & 12 dance up to 16c do restart each facing 3:00, 6:00 & 12:00, on wall 6 dance up to 8c Restart facing (6:00)

SEC 1: HEEL SWITCHES R&L - R BIG STEP SIDE - TOUCH FWD - SIDE - 1/4 TURN L COASTER STEP

1&2& Touch R heel diagonal / fwd (1), Step RF next to L (&), Touch L heel diagonal / fwd (2), Step LF next to R (&)

3 4 RF Big step / Slide to R side (3), Touch LF next to R (4)

5 6 Touch LF fwd (5), Touch LF side (6)

7&8 Make 1/4 Turn L Step LF back (7), Step RF next to L (&), Step RF fwd (8) (9:00)

SEC 2 : SYNCOPATED ROCKING CHAIR - R FWD SHUFFLE - FWD HITCH - SIDE CHASSE - CLOSE

1&2& Step RF fwd (1), Recover on LF (&), Step RF back (2), Recover on LF (&)

3&4 Step RF fwd (3), Step LF beside R (&), Step RF fwd (4)

5 6 Step LF fwd (5), Hitch RF (6)

7&8& Step RF to side (7), Step LF next to R (&), Step RF to side (8), Close LF next to R (&)

SECTION 3 : R DIAGONAL FWD TOUCH- R TOGETHER- L DIAGONAL FWD TOUCH- L HEEL SWIVEL L&R - 1/8 TURN L ANCHOR STEP L&R

12 Touch Rf to R diagonal (1), Close Rf Next To Lf (2)

3&4 Touch Lf to L diagonal (3), Swivel Lf Heel To Left (&), Return Lf Heel (4)

5&6 1/8 Turn L, Step Lf Back (5), Step Rf in place (&), Step Lf in place (6)

7&8 Step Rf back (7), Step Lf in place (&), Step Rf in place (8)

SECTION 4 : L SIDE POINT - 1/8 TURN L TOGETHER- R SIDE POINT - R FWD KICK- R BACK- L FWD TOUCH - L FWD - 1/2 TURN R R FWD/ L FLICK- 1/4 TURN R SIDE SHUFFLE

1&2 Point Lf to Side (1), Make a 1/4 turn L, Close Lf Next To Rf (&), Point Rf to Side (2)

3&4 Kick Rf fwd (4), Step Rf back (&), Touch Lf fwd (4)

5 6 Step Lf Fwd (5), 1/2 turn R , Step Rf in place, Flick Lf behind (6)

7&8 1/4 Turn R, Step Lf To Side (7), Step Rf Next To Lf (&), Step Lf To Side (8) facing 3.00

Start again...

Herutian79@gmail.com

ernij58@gmail.com

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