

Superstar

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Jesus Pacheco (AUS) - October 2023
音樂: Superstar - Jamelia : (Album: Ballroom World Hits)



Intro: 8 Count

S1. MIXED VINE-ROCKING CHAIR STEPS & TURN ¼ TO R

1 2 & R Heel Fwd Diagonal R side, L behind R, R beside L
3 & 4 L Heel cross over R, Recover L beside R, R cross over L
5 6 & L Heel Fwd Diag ¼ turn R, R behind L, L beside R (3:00)
7 & 8 R Heel cross over L, Recover R beside L, L cross over R

S2. FWD DOUBLE HIP BUMP, BWD SWIVEL, ¼ R FWD

1 & 2 & R Fwd Diag & do L Hip Bump 2X, Sway Hip Bwd to R Side
3 & 4 & L Fwd Diag and do R Hip Bump 2X, Sway Hip Bwd to L Side
5 6 7 8 Bwd Swivel- L, R, L ¼ to R with R Hitch, R Fwd (6:00)

S3. PIVOT TURN, PENDULUM, L ¼ R, PULL ARMS HITCH, SHUFFLE

1 2 Fwd L and make ½ Turn to R, Fwd R (12:00)
3 & 4 & L Point to side, L together R, R Point to side, Recover R with L Hitch
5 6 & L side ¼ R, L on place Pull Arms, R Hitch (3:00)
7 & 8 & Fwd R, L Behind R, Fwd R, L Hitch

S4. KICK A BALL TWICE, COASTER & LAMBADA STEPS

1 2 R in place, L Kick A Ball 2X
3 & 4 L Behind R, R Together L, Fwd L
5 & 6 & Lambada- R, L, R, L Hitch (Slightly Moving Fwd)
7 & 8 & Lambada- L, R, L, R Hitch (Slightly Bwd)

NOTE: R Stands for RF and L Stands for LF (Right or Left Foot). Otherwise, L Side or R Side and L or R Hip Bumps are different.

Stay Fit, Keep on Groovin' and Live a Healthier Life. Enjoy guys, ALWAYS!!!

Best regards, Jesus Pacheco – Sydney Australia
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