

Super Woman

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 1 級數: Phrased Beginner
編舞者: Lia Yuliani (INA) - February 2024
音樂: Superwoman - Titi DJ, Ashanty & Eka Gustiwana



Start Dance On Lyric

SEQ: A,B, A(x2), Tag, A, B, A (x3), B, A(x2), A16

PART A

Section 1 FORWARD R-L-R, HITCH, BACK L-R-L, HITCH

1-2 Step R forward, step L forward
3-4 Step R forward, Hitch L
5-6 Step L backward, step R backward,
7-8 Step L backward, Hitch R

Section 2 JAZZ BOX TURN 1/4 RIGHT (X2)

1-2 Cross R over L, step L backward
3-4 Turn 1/4 right step R to right, step L forward
5-6 Cross R over L, step L backward
7-8 Turn 1/4 right step R to right Step L forward

Section 3 PIVOT 1/4 LEFT (X2), HEEL, TOGETHER, HEEL, TOGETHER

1-2 Step R forward, turn 1/4 left step L in place
3-4 Step R forward, turn 1/4 left step L in place
5-6 Heel R forward, step R beside L
7-8 Heel L forward, step L beside R

Section 4 RUMBA BOX

1-2 Step R to right, step L beside R
3-4 Step R forward, touch L beside R
5-6 Step L to left, Step R beside L
7-8 Step L backward, touch R beside L

PART B

Section 1 PIVOT 1/2 TURN LEFT (x2)

1-2 Step R forward, Hold
3-4 Turn 1/2 left step L in place, Hold
5-6 Step R forward, Hold
7-8 Turn 1/2 left step L in place, Hold

Section 2 POINT R, TOGETHER, POINT L, TOGETHER, SWAY

1-2 Point R to side, Step R beside L
3-4 Point L to side, Step L beside R
5-6 Sway L hip to left, Sway R hip to right
7-8 Sway L hip to left, Sway R hip to right

TAG V STEP (x2)

1-2 Step R diagonal forward, Step L diagonal forward
3-4 Step R back to center, step L together
5-6 Step R diagonal forward, step L diagonal forward
7-8 Step R back to center step L together

HAPPY DANCING

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