

# Supermen Express

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Daniel Exton (UK) - March 2024  
音樂: Starlight - The Supermen Lovers



## S1: V-Step, Rock & Cross x2

1, 2      Right foot diagonally out, Left foot diagonally out  
3, 4      Return Right, Return Left  
5&6      Rock Right to Right side, Recover onto Left, Cross Right over Left  
7&8      Rock Left to Left side, Recover onto Right, Cross Left over Right

## S2: Side, Behind, Shuffle ¼, Step, ¼ turn, Cross, Point

1, 2      Right to Right side, Left behind Right  
3&4      Right foot forward with ¼ turn Right, Left foot behind Right, Right foot forward  
5, 6      Left foot forward, ¼ turn Right  
7, 8      Cross Left over Right, Point Right to Right side

## S3: Cross, Point, Kick Ball Change, (Point, Hitch and Twist) x4

1, 2      Cross Right over Left, Point Left to Left side  
3&4      Kick Left foot, Left foot next to Right, Right foot next to Left (Weight on R)  
5&6&      (Point Left to Left side, Hitch Left foot while twisting your Right heel Left) x2  
7&8      Point Left to Left side, Hitch Left while twisting Right, Point Left to Left side

## S4: Behind, Unwind ½, Shuffle, Rock, Recover, Coaster ¼

1, 2      Left foot behind Right, Unwind ½ turn Left  
3&4      Right foot forward, Left behind Right, Right foot forward  
5, 6      Rock forward on Left, Recover onto Right  
7&8      Left foot back with ¼ turn Left, Right foot back, Left foot forward

**Restarts: Wall 10 after 16 counts**

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