

Supermen Express

COPPERKNOB
BY STEPHEN

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
