

Be A Superhero

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bradley Mather (USA) - June 2024
音樂: Woman - Andreyana Triana



Intro: 16 counts

Wizard, Press, Shoulders, Ball Cross, Step, Releve, Ball Step

- 1,2& step right to right diagonal(1), step left behind right (2), step right to right diagonal angling body to 10:30(&)
- 3&4 slightly press left toe to left diagonal(3), move left shoulder up and right shoulder down (&), move right shoulder up and left shoulder down(4)
- (Honestly I don't care which shoulder goes up or down as long as they alternate)**
- &5 step ball of left foot next to right(&), step right to left diagonal(5)
- 6& step left to left diagonal (6), rise up onto left foot lifting right knee and keeping right foot close to left leg while twisting upper body $\frac{1}{8}$ right to 12:00(&) Note: On the chorus walls, this is where she sings superhero, so bring up both arms as if flexing like a superhero.
- &8 untwist body and step right to left diagonal (&), step left to left diagonal (8) (10:30)

Note : the second set is the only set where count 7 is danced. Sets 1,3, and 4 have holds on count 7. Count 7 was not included for ease of cueing, as the music has an unconventional rhythm.

Point x2, Sailor $\frac{1}{4}$ R, Bounce $\frac{1}{2}$ L, Rock, Recover

- 1,2 point right across left (1), point right to right squaring up to 12:00 (2)
- 3&4 cross right behind left (3), step left in place turning $\frac{1}{4}$ R (&), step right forward (4)
- 5,6 lift left arm straight up and bounce through knees as you make $\frac{1}{4}$ L letting arm travel overhead and to left side as you look up and follow hand with eyes (5), bounce turning $\frac{1}{4}$ L and letting left arm continue to travel to left (6) (9:00)
- 7,8 Rock left forward letting left arm finish semicircle above head from previous counts (7), recover onto right (8) (9:00)

Restart here on wall 4 by stepping left next to right by adding an & count after count 8 to restart at 6:00

Side Rock Cross Behind x2, Coaster, Shorty George

- 1&2 rock left to left(1), recover onto right (&), cross left behind right (2)
- 3&4 rock right to right (3), recover onto left (&), cross right behind left (4)
- 5,6& step left back(5), step right next to left (6), step left forward, hitching right knee very slightly (&)
- &8 step right forward rolling knee out (&), step left forward rolling knee out (8) (9:00)

Corta Jaca $\frac{1}{4}$ L, $\frac{1}{4}$ L Hip Rolls, Ball Cross

- 1&2& place right heel forward (1), scoot left foot slightly forward by pulling with your right heel and make $\frac{1}{16}$ L weight stays left(&), place right toe backwards (2), scoot left foot back pulling with right toe and make $\frac{1}{16}$ L weight stays left (&)
- 3&4 place right heel forward (3), scoot left foot slightly forward by pulling with your right heel and make $\frac{1}{16}$ L weight stays left (&), step right back turning $\frac{1}{16}$ L ($\frac{1}{4}$ turn left in total to get to 6:00)

Easier option: syncopated rocking chair

- 5,6& step left out to left making $\frac{1}{4}$ L rolling hips back. (This should be slightly underrotated, but, for simplicity's sake, I am calling this $\frac{1}{4}$ L) (5), step right in place rolling hips forward (6), step left in place rolling hips backward(&)

Easier option: roll hips forward to left, then right, then left

- &8 step right next to left (&), cross left over right ready to start wizard on new wall but slightly angled to the right of the new wall to make the transition easier (8) (3:00)

REPEAT

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