

Super Hero

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Karen Bleuer (USA)
音樂: Superhero - Daze



ROCK-STEP, SCOOCH-HITCH BACK, STAR WITH ¼ PIVOT RIGHT

1-2 Rock right forward, rock left in place
&3 Scooch back on left hitching right knee, step right back
&4 Scooch back on right hitching left knee, step left back
5-6 Touch right slightly forward, touch right to right
7-8 Touch right slightly back, pivot ¼ turn right keeping weight left

RIGHT SAILOR, LEFT CROSS UNWIND ½ RIGHT, CROSS STEP, CROSS TRIPLE

1&2 Step right behind left, step left to left, replace right slightly forward
3-4 Step left in front of right, unwind ½ pivot right putting weight on right
5-6 Step left in front of right, step right to right
7&8 Step left in front of right, step right to right, step left in front of right

TOE STRUTS, STOMP, BOUNCE

1-2 Step right toe forward, step down on right heel,
3-4 Step left toe forward, step down on left heel
5-6 Stomp forward right-left
7-8 Bounce on heels twice keep-bumping hips slightly left (weight on left)

BASIC RIGHT WITH ¼ TOUCH LEFT, 2-COUNT ROLLING FULL TURN LEFT, FORWARD SHUFFLE

1-4 Step right to right, step left beside right, step right to right, turn ¼ left touching left beside right
5-6 Turning one full turn left step left-right (weight is right)
7&8 Step left forward, step right behind left, step left forward (weight is left)

REPEAT
