

Super Massive

拍數: 64 牆數: 4 級數: Improver social cha
編舞者: Sara Coleman (UK)
音樂: Supermassive Black Hole - Muse



RIGHT LOCK, RIGHT LOCK STEP, LEFT LOCK, LEFT LOCK STEP

1-2 Step right foot forward & to right diagonal, lock left behind right
3&4 Step right diagonal, lock left behind right, step right
5-6 Step left forward & to left diagonal, lock right behind left
7-8 Step left diagonal, lock right behind left, step left

LEFT TURN POINT, CROSS POINT, CROSS POINT, LEFT ROCK RECOVER

1-2 Cross right over left and half turn left, placing weight on right, point left to left side
3-4 Step left in front of right, point right to right side
5-6 Step right in front of left, point left to left side
7-8 Rock forward on to left, recover back on to right

LEFT BACK LOCK, BACK LOCK STEP, RIGHT BEHIND ½R UNWIND, RIGHT ¼ TURN SIDE ROCK RECOVER

1-2 Step left straight back, cross and step right in front of left
3&4 Step left back, lock right over left, step left back
5-6 Point right behind left and unwind ½ turn over right shoulder (weight on right)
7-8 Turn a ¼ right rocking on to left and recovering on to right

LEFT CROSS HOLD, AND CROSS SIDE, LEFT BEHIND, RIGHT SWEEP RIGHT STEP BEHIND, LEFT ¼ TURN LEFT

1-2 Cross left over right and hold (weight on left)
&3-4 Light step on to right, and step left in front of right, step right to right side
5-6 Step left behind right, sweep right round from front to back
7-8 Step right down behind left, ¼ turn left stepping forward on to left

LEFT ½ TURN ½ TURN, RIGHT SHUFFLE STEP LEFT ROCK RECOVER, LEFT BACK RIGHT SLIDE/HITCH

1-2 ½ turn over left shoulder stepping back on right, ½ turn over left shoulder stepping forward on left (or walk forward right left)
3&4 Right step forward, step left next to right, right step forward
5-6 Rock forward on left, rock back on right
7-8 Long step back on left, slide the right back into a hitch and beginning to turn over right shoulder

½ RIGHT TURN TOGETHER, RIGHT SHUFFLE FORWARD, LEFT ROCK RECOVER, BACK ¼ RIGHT TURN

&1-2 ½ turn and step forward on to right, step left next to right
3&4 Step forward on to right, step left next to right, step right forward
5-6 Rock forward on left, rock back on right
7-8 Step left back, ¼ turn right stepping right to right side

LEFT CROSS TAP & HEEL HOLD, & RIGHT FORWARD ROCK RECOVER CHASSE RIGHT (OR TRIPLE TURN RIGHT)

1-2 Cross rock left in front of right, tap right toe behind left
&3-4 Step right next left and dig left heel forward, and hold
&5-6 Bring left back and rock forward on right, rock back on left

7&8 Step right to right side, close left next to right, step right to right side (or triple full turn right traveling right)

LEFT FORWARD ROCK RECOVER, LEFT BEHIND LEFT UNWIND, CHASSE RIGHT, LEFT CROSS BACK SIDE

1-2 Rock forward on left, rock back on right

3-4 Touch left behind right and $\frac{1}{2}$ unwind over left shoulder placing weight on to left

5&6 Step right to right side, close left next to right, step right to right side

7&8 Cross left over right, step back on right, step left to left side

REPEAT
