Super Trouper!



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Elke Weinberger (NL) 音樂: Super Trouper - A*Teens



Sequence: 64, 64, 28, 64, 64, Tag, 32, Tag, 60 to the end

1/2 LEFT MONTEREY TURN, SIDE TOUCH, 1/4 RIGHT TURN, LOCK STEP, BACK, BACK ROCK, RECOVER, KICK-BALL-CROSS

1-2 Touch left toe to left, execute ½ turn left on ball of right as you bring left beside right (taking

weight onto left)

3&4 Touch right toe to right, execute ¼ turn right and then lock-step right over left, step left back

5-6 Rock right back, recover weight onto left

7&8 Kick right forward, step on ball of right beside left, cross left over right

SIDE ROCK, ¾ RIGHT TURN SHUFFLE, FORWARD STEP, ½ LEFT TURN, TOGETHER STEP, BACK COASTER

9-10 Rock right to right, recover weight onto left

11&12 Complete a ³/₄ turn right as you step on right, left, right

13-14 Step left forward, on ball of left execute a ½ turn left and then step right beside left

15&16 Step left back, step right beside left, step left forward

FORWARD, 1/4 RIGHT TURN, SIDE STEP, SAILOR CROSS, SIDE ROCK, RECOVER, SAILOR STEP

17-18 Step right forward, execute ¼ turn right on ball of right and then step left to left

19&20 Cross right behind left, step left to left, cross right over left

22-23 Rock left to left, recover weight onto right

23&24 Cross left behind right, step right to right, step left to left

BEHIND CROSS, ½ TURN RIGHT UNWIND, SIDE MAMBO CROSS, FORWARD ROCK, RECOVER, BACK ROCK, RECOVER

25-26 Cross right behind left, unwind ½ turn right (weight ends on left) Rock right to right, recover weight onto left, cross right over left

29-30 Rock left forward, recover weight onto right 31-32 Rock left back, recover weight onto right

FORWARD WALKS, FORWARD LOCK-STEPS, PIVOT 1/4 LEFT TURN, CROSS SHUFFLE

33-34 Walk forward on left, right

35&36 Step left forward, lock-step right behind left, step left forward 37-38 Step right forward, pivot ¼ turn left (weight ends on left) 39&40 Cross right over left, step left to left, cross right over left

SIDE ROCK, RECOVER, 1/4 LEFT TURN, BACK LOCK STEPS, BACK MAMBO, SIDE TOUCH SWITCHES

41-42 Rock left to left, recover onto right

43&44 Execute ¼ turn left and then step left back, lock-step right over left, step left back

45&46 Rock right back, recover weight onto left, step right beside left

47& Touch left toe to left, step left beside right
48& Touch right toe to right, step right beside left

FORWARD WALK, PIVOT 1/2 TURN LEFT, LOCK STEPS, FORWARD ROCK, RECOVER, COASTER STEP

49&50 Walk forward on left, right

51&52 Pivot ½ turn left (weight ends on left), lock-step right behind left, step left forward

53&54 Rock right forward, recover weight onto left

55&56 Step right back, step left beside right, step right forward

FORWARD, TOUCH, HOLD, FORWARD, TOUCH, 1/4 RIGHT TURN, MODIFIED SWIVEL WALKS, FORWARD WALK

&57-58 Step left diagonally forward, touch right toe beside left, hold &59-60 Step right diagonally forward, touch left beside right, hold

61-62 Execute ¼ right turn and then swivel walk ("skate") forward on left, right

63-64 Walk forward on left, right

REPEAT

RESTART

On the 3rd rotation, dance up to the 28th count and start dance from count 1 as usual.

On the 7th rotation, dance up to the 60th count. Start dancing 8th rotation immediately from count 1 as usual till music ends

TAG

At the end of the 5th rotation, add in the 4-counts tag and then start the 6th rotation as usual from count 1. On the 6th rotation, dance up to the 32nd count. Add in the 4-counts tag again and then start 7th rotation as usual from count 1

LEFT JAZZ BOX

1-4 Cross left over right, cross right over left, step left back, step right beside left