

Superman

拍數: 112 牆數: 4 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: Hang In There Superman - Hal Ketchum



HEEL SPLITS / KNEE UP / TOE BACK / HEEL FANS

1-4 Split both heels apart and back to center twice
5-6 Lift right knee up in front and back to place
7-8 Touch left toe behind right heel and back to place
9 -10 Swing right heel to right and back to place
11-12 Swing left heel to left and back to place
13-14 Swing right heel to right and back to place
15-16 Swing left heel to left and back to place

FORWARD / KICK / BACK / TOUCH

17-18 Step forward on right foot and kick left leg to front
19-20 Step back on left foot and touch right foot in place
21-24 Repeat counts 17-20

GRAPEVINE RIGHT / ¾ SPIN TURN / 4 HEEL STRUTS

25-27 Right steps to right, left cross behind, right steps to right,
28 Spin ¾ turn on right foot to right
29-30 Place left heel down, slap left toes down
31-32 Place right heel down, slap right toes down
33-34 Place left heel down, slap left toes down
35-36 Place right heel down, slap right toes down

GRAPEVINE / HITCH AND HOP

37-40 Left steps to left, right cross behind, step left to left, hop on left foot hitching right knee up
41-44 Right steps to right, left cross behind, step right to right, hop on right foot hitching left knee up

½ PIVOT TURN / 2 STOMPS

45-46 Step forward on left foot, ½ pivot turn right
47-48 Stomp left in place, stomp right in place

KICK FRONT AND SIDE / SHUFFLE / MONTEREY TURNS

49-50 Kick right foot forward and side
51&52 Shuffle on spot (right-left-right)
53-54 Kick left foot forward and side
55&56 Shuffle on spot (left-right-left)
57-64 Touch right foot to right, spin to right and replace right foot
 Touch left foot to left side and replace, touch right foot to right
 Spin to right and replace right foot, touch left foot to left side and replace

HEEL TAPS / TOE TAPS / SCOOT / 2 JAZZ BOXES MAKING ½ TURN RIGHT

65-68 Tap right heel in front twice, tap right toe behind twice
69-70 Step forward on right, scoot forward hitching left knee up
71-72 Step forward on left, scoot forward hitching right knee up
73-76 Cross right over left, step back on left, step right foot ¼ right

STEP LEFT NEXT TO RIGHT

77-80 Cross right over left, step back on left, step right foot $\frac{1}{4}$ right, step left next to right

81-112 Repeat counts 49-80

REPEAT
