

Superstar

拍數: 32
編舞者: Levi J. Hubbard (USA)
音樂: Superstar - Jamelia

牆數: 2

級數: Intermediate/Advanced



KICK-BALL STEP, HIP BUMPS, COASTER STEP

- 1 Kick right forward
- & Land on (ball of) right foot
- 2 Step left forward
- 3 Step right slightly forward while bumping right hip forward
- 4 Bump right hip forward again
- 5 Shift weight left and bump left hip back
- 6 Bump left hip backward again
- 7 Step right backward on (ball of) foot
- & Step left together on (ball of) foot
- 8 Step right forward

FORWARD ROCK-RECOVER, 1 ½ TRIPLE TURN (LEFT), CROSS TOUCH, SIDE TOUCH, KNEE HITCH, SIDE STEP

- 9 Step (rock) left forward, while slightly lifting right foot off floor
- 10 Lower right foot back to floor (recover)
- 11&12 Triple step 1 ½ turn left and step (left-right-left)
- 13 Cross touch right in front of left
- 14 Touch right toe out to side
- 15 Hitch right knee up crossing in front of left shin
- 16 Step right to side

Easier option: on the 1 ½ turn you can do a ¼ turning shuffle to the left stepping (left-right-left)

CROSS STEP, SIDE STEP, ¼ COASTER STEP, ¼ TURN (LEFT), KICK & TOUCH

- 17 Cross step left in front of right
- 18 Step right to side
- 19 Turning ¼ turn left, step back on (ball of) left foot
- & Step together on (ball of) right foot
- 20 Step left forward
- 21 Step right forward
- 22 Pivot ¼ turn left on (balls of) both feet
- 23 Kick right forward
- & Step right together
- 24 Touch left toe out to side

KICK & TOUCH, CROSSING SHUFFLE, ½ TURN (LEFT)

- 25 Kick left forward
- & Step left together
- 26 Touch right toe out to side
- 27 Cross step right in front of left foot
- & Step left slightly to side
- 28 Cross step right in front of left foot
- 29 Step (rock) left out to side, slightly lifting right foot off floor
- 30 Lower right foot back to floor (recover)
- 31 Cross step left behind right foot turning ¼ turn left
- & Step right slightly to side

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Turning $\frac{1}{4}$ turn left, step left forward

REPEAT
