

# Superstar

拍數: 32      牆數: 4      級數: Intermediate  
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音樂: Superstar - Jamelia



## KICK, BALL, TOUCH, KICK, BALL, STEP, SWIVET WITH ARM MOVEMENTS

- 1 Right foot kick forward
  - & Step on the ball of right foot next to left foot
  - 2 Left foot touch to left side
  - 3 Left foot kick forward
  - & Step on the ball of left foot next to right foot
  - 4 Right foot step to right side
  - 5 On both feet turn  $\frac{1}{4}$  to the right and lift left heel and right toe
- Use the hands as bow and arrow shoot diagonal to right**
- & On both feet turn  $\frac{1}{4}$  back
  - 6 On both feet turn  $\frac{1}{4}$  to the left and lift right heel and left toe
- Use the hands as bow and arrow shoot diagonal to left**
- & On both feet turn  $\frac{1}{4}$  back
  - 7 On both feet turn  $\frac{1}{4}$  to the right and lift left heel and right toe
- Use the hands as bow and arrow shoot diagonal to right**
- 8 On both feet turn  $\frac{1}{4}$  back
  - 9-16 Repeat 1-8

## OUT, OUT

- 1 Right foot step diagonal right forward (rise right hand to left shoulder)
- 2 Left foot step diagonal left forward (rise left hand to right shoulder)

## ARM MOVEMENTS

- 3 Raise right hand
- & Raise left hand, right hand down
- 4 Raise right hand
- & Raise left hand, right hand down

## IN, IN, JUMP, BUMPS

- 5 Right foot step in side
- & Left foot step next to right foot
- 6 On both feet jump forward
- 7 Hips to the right
- & Hips to the left
- 8 Hips to the right
- & Hips to the left

## SLIDE, FULL TURN LEFT, TOE, HEEL, TOE CROSS, HEEL, TOE CROSS, HEEL, HOLD

- 1 Right foot slide to right side
- 2 Left foot touch next to right foot
- 3& Full turn to the left
- 4 Right foot step next to left foot
- 5 Right foot step to right side on toe
- & Right foot tap heel down
- 6 Left foot toe cross over right foot with  $\frac{1}{8}$  turn to the right
- & Tap heel down

- 7 Right foot toe cross over left foot with 1/8 turn to the right
- & Tap heel down
- 8 Left foot step next to right foot

**REPEAT**

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