

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
