

# Supertonic

拍數: 48      牆數: 4      級數: Intermediate/Advanced  
編舞者: Kate Sala (UK)  
音樂: For One Night Only - Bodyrockers



## SCUFF, OUT, OUT, HITCH & STEP LEFT, SAILOR ¼ TURN RIGHT, TRIPLE FULL TURN

1&2      Scuff right foot forward, step right out to right side, step left out to left side  
3&4      Hitch right knee up, step right down in place, step left out to left side  
5&6      Cross step right behind left, turn ¼ right stepping left to left side, step right forward  
7&8      Triple turn full turn right traveling forward on left, right, left, (facing 3:00)

## HEEL SWITCHES TWICE, CHARLESTON, KICK, SIDE SWITCHES TWICE, SWIVEL ¼ TURN RIGHT

1&2      Dig right heel forward, step right next to left, dig left heel forward  
&      Step left next to right and at the same time pick right foot up taking both heels out  
3      To the sides, touch right toe forward swiveling both heels in  
&      Pick right foot up and swivel both heels out to the sides  
4      Swivel heels back in to center and flick right foot forward  
&5      Step right next to left, touch left out to left side  
&6      Step left next to right, touch right out to right side  
7&8      Swivel heels left, right, left completing a ¼ turn right & keeping weight on left

## LUNGE FORWARD, HITCH, FORWARD SHUFFLE, STEP PIVOT ½ TURN STEP, TRIPLE ¾ TURN LEFT

1&2      Lunge forward on right & lean forward, recover on to left, hitch right knee up  
3&4      Shuffle forward on right, left, right, (towards 6:00)  
5&6      Step forward on left, pivot ½ turn right, step forward on left  
7&      Turn ½ left stepping back on right, turn ¼ left stepping left to left side  
8      Cross step right over left, (facing 3:00)

## KICK BALL CROSS, DIAGONAL KICK, CROSS, UNWIND ½ TURN, SAILOR STEP, TOGETHER, SIDE STEP

1&2      Kick left forward to left diagonal, step left in place, cross step right over left  
3-4      Kick left forward to left diagonal, cross step left over right  
5      Unwind ½ turn right keeping weight on left, (facing 9:00)  
6&7      Cross step right behind left, step left to left side, step right in place  
&8      Step left next to right, step right out to right side

## WALK FORWARD X 3, SIDE ROCK & BEHIND STEP, SWEEP INTO SAILOR SKATE, SKATE, SKATE

1-2-3      Walk forward on left, right, left  
4&5      Rock on right out to right side, recover on to left, cross step right behind left  
&6&      Sweep left round to the left, step left behind right, step right to right side  
7-8-1      Skate forward on left, right, left

## BODY DIP RIGHT & LEFT, BEHIND & HEEL, STEP, SLIDE BACK, HITCH, SLIDE BACK

&2      With feet apart bend knees, lean to the right straightening legs  
&3      Bend knees again with weight even on both feet, lean to the left straightening legs  
**The above moves are as if you are dodging a boxer's punch, moving the body to the right of the punch and then to the left on the second punch**  
4&5      Cross step right behind left, step left to left side, dig right heel to right diagonal  
&6      Step ball of right next to left, slide left foot back to left diagonal  
7&8      Hitch left knee up, step left down in place, slide right foot back, (facing 9:00)  
**Keep weight forward on left to start again**

**REPEAT**

**TAG**

**At the end of the first wall the music stops for a beat. Just hesitate and start again when the music starts again**

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