

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
