

Super Trouper

拍數: 32 牆數: 4 級數: Improver
編舞者: BM Leong (MY) - August 2007
音樂: Super Trouper - ABBA



Intro: 32 counts of hard beats - start on vocal.

STEP, TAP, BACK, TOUCH, COASTER STEP, FORWARD SHUFFLE

1-2 Step right forward diagonally, sharp tap left toes behind right heel
3-4 Step left back diagonally, touch right beside left
5&6 Coaster step on RLR
7&8 Shuffle forward on LRL

HEEL STRUT, TOE STRUT, OUT, OUT, IN, IN

1-2 Touch right heel forward, step right toes down
3-4 Touch left toe forward, step left heel down
5-6 Step right out to right diagonal, step left out to left diagonal
7-8 Step right in to center, step left in to center

TOUCH, KICK, COASTER STEP, TAP, TAP, COASTER QUARTER TURN LEFT

1-2 Touch right beside left, kick right forward
3&4 Coaster step on RLR
5-6 Tap left toes to left side twice
7&8 Swing left behind right turning $\frac{1}{4}$ left, step right together, step left forward

POINT, CROSS, POINT, CROSS, FRONT-BACK-BACK, BACK-FRONT-FRONT

1-2 Point right to right side, cross right over left
3-4 Point left to left side, cross left over right
5&6 Step right forward, recover onto left, step right back
7&8 Step left back, recover onto right, step left forward

RESTART: during wall 5 after 1-28 counts and during wall 11 after 1-8 counts.

[Website](#)
