

# 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](#)

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