

I Am No Superman

COPPER **KNOB**
BY STEPHANETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Antoinette Claassens (NL) - June 2011
音樂: I Am No Superman (feat. Stay-C) - Jeronimo



Intro : 14 counts

MAMBO FWD, MAMBO BACK, R SIDE MAMBO, L SIDE MAMBO

1&2 rock fwd on R, Recover on L, Step R next to L
3&4 rock back on F, Recover on R, Step L next to R
5&6 rock R to R side, Recover on L, Step R next to L
7&8 rock L to L side, Recover on R, Step L next to R

¼ PADDLE TURN L X2, KICK & TOUCH, KICK & TOUCH, MAMBO FWD

1& Make ¼ turn L, touch R to R side
2& Make ¼ turn L, touch R to R side
3&4 kick R fwd, Step R next to L, Touch L to L side
5&6 Kick L fwd, Step L next to R, Touch R to R side
7&8 Rock R fwd, Recover on L, Step R next to L

COASTER STEP, SHUFFEL FWD, STEP FWD, ¼ TURN R & CROSS, R MAMBO TOUCH

1&2 Step L back, Step R next to L, Step L fwd
3&4 Step Fwd on R, Step L next to R, Step Fwd on R
5&6 Step fwd on L, Make ¼ turn R, Cross L over R
7&8 Rock R to R side, Recover on L, Touch R next to L

RUMBA BOX FWD, RUMBA BOX BACK, COASTER STEP, STEP FWD, ½ TURN R, STEP FWD

1&2 Step R to R side, Step L next to R, Step R fwd
3&4 Step L to L side, Step R next to L, Step L back
5&6 Step R back, Step L next to R, Step R fwd
7&8 Step L fwd, Make ½ turn R-weight on R, Step L fwd.

Start Again,

Enjoy and have Fun

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