

# Super

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Judith Kennedy (UK) - April 2012  
音樂: Super Trouper - ABBA : (Album: ABBA Gold / SOS The Best of ABBA / Super Trouper)



## Alt. Tracks:-

Super Trouper by Meryl Streep, Julie Walters & Christine Baranski [CD: Mamma Mia Soundtrack]  
Waterloo by ABBA [ABBA Gold ] 147 bpm

Start dancing on lyrics (I was sick and tired .....)

## SIDE, BEHIND, SIDE, IN FRONT, CHASSE, ROCK BACK, RECOVER

1-2            Step right to side, cross-cross left behind right  
3-4            Step right to side, cross-step left in front of right  
5&6           Chassé side right, left, right  
7-8            Rock to left foot behind right, recover to right

## SIDE, BEHIND, SHUFFLE WITH TURN ¼ LEFT, ROCKING CHAIR

9-10           Step left to side, cross-cross right behind left  
11&12        Turn ¼ left and left forward shuffle left, right, left (9:00)  
13-14        Rock right forward, recover to left  
15-16        Rock right back, recover to left

## SISE ROCK, RECOVER, CROSS SHUFFLE, WEAVE

17-18        Rock right to side, recover to left  
19&20        Crossing shuffle right, left, right  
21-22        Step left to side, cross-cross right behind left  
23-24        Step left to side, cross-step right in front of left

## SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP RIGHT, HOLD, ROCK, RECOVER

25-26        Rock left to side, recover to right  
27&28        Crossing shuffle left, right, left

## Restart from beginning at this point on 3rd wall

29-30        Step right to side, hold  
&31-32       Step left together, rock right to side, recover to left

## ROCK BACK, RECOVER, STEP, TURN, WALK, WALK, SHUFFLE

33-34        Rock back to right foot, recover to left  
35-36        Step right forward, pivot half a turn left (3:00)

## At this point on 6th wall, jazz box i.e. Cross right over left, step back to left, step right to side, cross left over right then restart dance from beginning

37-38        Step right forward then left  
39&40        Chassé forward right, left, right

## CROSS, SIDE, BEHIND, POINT TWICE

41-42        Cross left over right, step right to side  
43-44        Cross left behind right, touch right to side  
45-46        Cross right over left, step left to side  
47-48        Cross right behind left, touch left to side

## ROCK BACK, RECOVER, STEP, TURN, WALK, WALK, SHUFFLE

49-50        Rock back to left foot, recover to right

51-52 Step left forward, pivot half a turn right (9:00)  
53-54 Step left forward then right  
55&56 Chassé forward left, right, left

**STEP, HITCH, STEP BACK, POINT, JAZZ BOX WITH CROSS**

57-58 Step right forward, hitch left (angled slightly to right diagonal)  
59-60 Step back to left, touch right to side  
61-62 Cross right over left, step back to left (square to front)  
63-64 Step right to side, cross left over right

**REPEAT**

**RESTART: During 3rd wall (4th section after step 28 ie rock left, recover, left cross shuffle) begin again**

**TAG & RESTART: During 6th wall in 5th section after step 36:-**

**Right Jazz Box**

1-2 Cross right over left, step back to left  
3-4 Step right to side, cross left over right

**Then begin dance again from beginning**

**ENJOY!**

---