

Superbad

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dawn Rathbun (USA) - September 2014
音樂: Superbad - Jesse McCartney



Cross Rock Back, Touch, Cross Rock Back, Step, Cross Rock Front, Step, Cross Unwind 1/2 Turn

1&2 Cross R Back, Recover L, Touch R Toe Out Slightly Diagonal
3&4 Cross R Back, Recover L, Step R Slightly Diagonal Fwd
5&6 7 8 Cross L Front, Recover R, Step Side L, Cross R, Unwind 1/2 Turn Left (weight on R)

Sailor Steps 2x, Hold, Ball, Step, Rock

1&2 3&4 Step L behind R, Ball R, Step side L, Step R behind L, Ball L, Step slightly diagonal Fwd R
5&6 7 8 Hold, Ball L, Step slightly diagonal Fwd R, Cross L Front, Recover R

Sweep, Sweep, Coaster, Forward Out Out, Back In In

1 2 3&4 Sweep L back, Sweep R back, Step back L, together R, Step Fwd L
&5 6&7 8 Step Fwd out R, Step side out L, Hold, Step back in R, Step in L, Hold

Cross Walks 2x, Cross 3/4 Unwind, Rock & Cross

1 2 3 4 Cross R, Hold, Cross L, Hold
5 6 7&8 Cross R, Unwind 3/4 turn left (weight on R), Step side L, recover side R, Cross L

Rock & Cross 2x, Touches

1&2 3&4 Step side R, recover side L, Cross R, Step side L, recover side R, Cross L
5&6&7&8& Touch R toe to side, come together, touch L toe side, come together, Repeat touches

Toe Struts, Rock, Step Back, Together

1 2 3 4 Touch R toe Fwd, drop the heel, L toe, drop heel

Restart here: Wall 8

5 6 7 8 Step Fwd R, Recover back L, Step back R lunge, Together with L (weight L)

3/4 Turn Step Box, Cross Rock Back, Step, Cross Rock Back, 1/4 Step Forward

1 2 3 4 Step side R, Step L 1/4 turn Left, Step R 1/4 turn Left, Step L 1/4 turn Left
5&6 7&8 Step R behind, Recover L, Step side R, Step L behind, Recover R, Step L Fwd 1/4 turn Left

Full Turn Shuffle Box

1&2 3&4 Step R 1/4 turn Left, together L, Step R side, Step L 1/4 turn Left, together R, Step L side
5&6 7&8 Step R 1/4 turn Left, together L, Step R side, Step L 1/4 turn Left, together R, Step L side

Restart Front Wall after toe struts 8th wall

REPEAT

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