

Supercalifragilisticexpialidocious (aka Mary Poppins)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Michael Metzger (USA) - August 2019
音乐: Supercalifragilisticexpialidocious - Julie Andrews & Dick Van Dyke



Count In: Start on "Supercali..." – approximately 0:02!

Pattern: A, B, A, A, B, A, A, B, tag1, A (with break), A, tag2/ending (It's easier than you think. I promise!)

Done with a partner. Begin dance facing each other (about 5-10 feet apart) – one facing the front of the room, one facing the back. In general you will want your partner slightly to your right – especially when you initiate your do-si-dos in Section B.

A Section – 32 counts

[1-8] Kick Ball Change x2, Heel Touch, Hook, Heel Touch, Touch Together

1&2 Kick R forward, Step ball of R together, Step L together
3&4 Kick R forward, Step ball of R together, Step L together
5, 6 Touch R heel forward, Hook R across left leg
7, 8 Touch R heel forward, Touch R toe together

[9-16] Modified Grapevine On Diagonal – Side, Behind, Side, Touch Across, Touch Side, Cross, Side With Knee Bend, Straighten Knees

1, 2 Turn 1/8 left and step R to side, Cross L behind R (10:30)
3, 4 Step R to side, Touch L across R
5, 6 Touch L to side, Cross L over R
7, 8 Turn 1/8 left and step R to side while bending both knees (hold fists in front of you like you're holding Mary's parasol or Bert's cane – hands don't go down with your torso – keep them steady in the air), Straighten knees (hands remain steady in the air again) (9:00)

***You will still be facing your partner. You will want that person slightly to your right (take smaller steps during the grapevine if necessary so you don't pass each other). Maintain the distance you had at the beginning of the dance.**

[17-24] Rocking Chair, Out, Out, In, In, Out, Out, In, In

1, 2 Rock forward on R, Recover L
3, 4 Rock back on R, Recover L
&5&6 Step R to side, Step L to side (put hands out to your sides), Step R underneath yourself, Step L together (bring hands together in front of your stomach)
&7&8 Step R to side, Step L to side (put hands out to your sides), Step R underneath yourself, Step L together (bring hands together in front of your stomach)

***The sixth time you do A the song will break on count 7 (Julie Andrews sings, "...or it could change your life!"). Freeze and hold your "out out" pose until the dialogue says, "And now me girl's me wife." At this point either bow or curtsy to your partner. Then come back up and get ready to start at the beginning of A after the man sings, "Sheeeeeeee's..."**

[25-32] Touch Side, Together, Touch Side, Together, Touch Forward, Together, Touch Forward, Together, Touch Side, Together, Touch Side, Together, Tap Heel, Lift, Tap Heel, Lift

1&2& Touch R to side, Step R together, Touch L to side, Step L together
3&4& Touch R heel forward, Step R together, Touch L heel forward, Step L together
5&6& Touch R to side, Step R together, Touch L to side, Step L together
7&8& Tap R heel forward, Lift R slightly, Tap R heel forward, Lift R slightly

B Section - 16 counts

[1-8] Walk x2, Hook Arms and Shuffle Do-Si-Do, Walk x2 Do-Si-Do, Unhook Arms and Pivot

- 1, 2 Step R forward, Step L forward
- 3&4 Hook right arm with partner's right arm and shuffle in a do-si-do to the right -R, L, R (3:00)
- 5, 6 Continue to do-si-do to the right - L, R (6:00)
- 7, 8 Unhook arms and step L (not a big step - stay close to your partner), Pivot right and take weight R (12:00)

[9-16] Hook Arms and Walk x2 Do-Si-Do, Shuffle Do-Si-Do, Unhook Arms and Walk x2, Pivot

- 1, 2 Hook left arm with partner's left arm and do-si-do to the left - L, R (9:00)
- 3&4 Shuffle in a do-si-do to the left - L, R, L (6:00)
- 5, 6 Unhook arms and walk forward R, Step forward L (walking back to the position you were in at the beginning of B)
- 7, 8 Step R, Pivot left and take weight L (12:00)

***The key to the B section is to return where you came from facing your partner again by the end of the section.**

Tag1

***The third time you do B Julie Andrews will start to say, "You know you can say it backwards..." You'll do Tag1 at the end of this B.**

Rocking Chair x2

- 1, 2 Rock R forward, Recover on L
- 3, 4 Rock R back, Recover on L
- 5, 6 Rock R forward, Recover on L
- 7, 8 Rock R back, Recover on L

Tag2/ending

***This will start when Julie Andrews hits her high note.**

Tag2 - 1-4 - Clap x4

- 1, 2, 3, 4 Clap, clap, clap, clap!

Ending - Repeat The Last Eight Counts of A

- 1&2& Touch R to side, Step R together, Touch L to side, Step L together
- 3&4& Touch R heel forward, Step R together, Touch L heel forward, Step L together
- 5&6& Touch R to side, Step R together, Touch L to side, Step L together
- 7&8& Tap R heel forward, Lift R slightly, Tap R heel forward, Lift R slightly

***Remember Mary and Bert performed this song to entertain Jane and Michael Banks, so for the last two heel taps put your arms out in a flourish for your final pose!**

Enjoy!

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