

My Superpower

拍数: 64 墙数: 2 级数: High Intermediate
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音乐: Superpower - Adam Lambert : (iTunes)



Starts 8 Counts...

Rock Recover, Step Lock Forward, Out, Out, Ball Cross, & Together.

- 1-2 Rock Forward on Left, recover on right (slight roll of body)
3&4 Step forward on Left, lock Right behind Left, step forward on Left.
5-6 Step Right out to Right side, step Left out to Left side,
&7&8 Step Right next to Left , cross step Left over Right, step Right to Right side, make 1/8 turn to Left as you step Left next to Right popping Right knee. (10.30)

Step, Lock Step Forward, Step 1/2, 1/2 Lock Step, Side.

- 1-2&3 Step forward on Right. Step forward on Left, lock Right behind Left, step forward on Left.
4-5 Step forward on Right, make 1/2 pivot to Left. (4.30)
6&7 1/4 turn to Left stepping Right to Right side, lock Left over Right, 1/4 turn To Left stepping back on Right. (10:30)
8 Step Left to Left side. (9.00)

Back Rock Side, Behind 1/4 Side, Back Rock Side, Behind 1/4 Side, Touch.

- 1&2 Cross rock Right behind Left, recover on Left, step Right to Right side.
3&4 Cross step Left behind Right, make 1/4 turn to Right stepping forward on Right, step Left to Left side .(12.00)
5&6 Cross rock Right behind Left, recover on Left, step Right to Right side.
7&8& Cross step Left behind Right, make 1/4 turn to Right stepping forward on Right, step Left to Left side , touch Right next to Left.(3.00)

Step Touch, Step Touch, Step Touch, Coaster Step, Step 1/2, 1/4.

- 1&2& (Travelling backwards) Step diagonally back on Right, touch Left next to Right. Step diagonally back on Left, touch right next to Left.
3& Step diagonally back on Right, touch Left next to Right.
4&5 Step back on Left, step Right next to Left, step forward on Left.
6-8 Step forward on right , make 1/2 pivot to Left, make 1/4 turn to Left stepping Right to Right side. (6.00)

Bounce & Bounce, Rock Back, Recover, 1/4 Cross & Cross & Cross & Cross

- 1&2 Step back on Left as you bounce down, recover on Right, step down on Left as you bounce again.
3-4 Rock back on Right , recover forward on left.
5&6& Make 1/4 turn to Right cross stepping Right over Left, step Left to Left side, cross step Right over Left, step Left to Left side.
7&8 Cross step Right over Left, step Left to Left side, cross step right over Left. (Rotating hips anticlockwise for count 5-8)

Side Touch, Side, Behind & Cross, Side, 1/4 Hinge, 1/4 Hinge, Behind & Cross.

- &1-2 Step Left to Left side, touch Right next to Left, Step Right to Right side.
3&4 Cross step Left behind Right, step Right to Right side, cross step Left over Right.
5-6 Step Right to Right side, make 1/4 hinge to Left stepping Left to Left side. (6.00)
7-8&1 Make 1/4 hinge turn to Left stepping Right to Right side, cross step Left behind Right, step Right to Right side, cross step Left over Right. (3.00)

Side Rock, Recover & Side, Touch, 1/4 Back Sweep, Behind & Cross

- 2-3 Rock Right to Right side, recover on Left.
&4-5 Step Right next to Left, step Left to Left side, touch Right next to Left.
6 Make 1/4 turn to Left stepping back on Right sweeping Left out to Left side. (12.00)
7&8 Cross step Left behind Right, step Right to Right side, cross step Left over Right.

1/2 Turning Circle, & Walk, Walk, Rock Recover.

- 1-2 Make 1/8 turn to Right stepping forward Right (1.30) make 1/8 turn to Right stepping Left to Left side (3.00)
3-4 Make 1/8 turn to Right stepping back on Right (4.30) Step back on Left.
&5-6 Make 1/8 turn to Right stepping Right next to Left (6.00) Walk forward L-R.
7-8 Rock forward on Left, recover back on Right with slight body roll (6.00)

Restart on Wall 2 ... Dance Up to Count 32 Section 4 Then Restart .
