

Supa Fly Supa Good

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Julie Parks (USA) - March 2025
音乐: SUPA GOOD!!! (from Dog Man) (feat. James Brown) - Yung Gravy



INTRO: "Wow, I feel GOOD!" . . . start on the word "good."

S1: Vines Right & Left with Flicks

1 2 Step right to right side, Step left foot behind right
3 4 Step right to right side, Bend left knee behind right leg
5 6 Step left to side, Step right foot behind left
7 8 Step left to side, Bend right knee behind left leg

S2: Two Quarter Monterey Turns

1 2 Point right foot to right side, Turn 1/4 to R as you step on right foot 3:00
3 4 Point left foot to left side, Step on left foot
5 6 Point right foot to right side, Turn 1/4 to R as you step on right foot 6:00
7 8 Point left foot to left side, Step on left foot

S3: Rocking Chair, Bounce 4x Quarter Left Turn

1 2 Rock forward on right, Recover on left
3 4 Rock back on right, Recover on left
5 6 7 8 Step right forward as you bounce 4x making left quarter turn 3:00

Note: Be sure to finish bounces with weight on left.

S4: Zig Zag Step Touches Forward & Back

1 2 Step right forward on right diagonal, Touch left next to right
3 4 Step left forward on left diagonal, Touch right next to left
5 6 Step right back on right diagonal, Touch left next to right
7 8 Step left back on left diagonal, Touch right next to left

TAGS AFTER: Wall 1 facing 3:00; Wall 3 facing 9:00; Wall 5 facing 3:00; Wall 8 facing 3:00 x 2 tags
Flick Stomps, Knee Pops

&1 2 3 4 Bend right knee & stomp right foot, Hold counts 2-3-4
&5 6 7 8 Bend left knee & stomp left foot, Hold counts 6-7-8
1 2 Shift weight right & pop left knee, Shift weight left & pop right knee
3 4 Shift weight right & pop left knee, Shift weight left & pop right knee
5 6 Shift weight right & pop left knee, Shift weight left & pop right knee
7 8 Hold counts 7-8

RESTART: Wall 7 starts at 6:00. (Listen for piano.) Restart after 16 counts (Monterey's) facing 12:00.

ENDING: As the second and final tag is being repeated after Wall 8 at 3:00, count 11 knee pops and slow them down to match music. Hold 11th knee pop with weight on right, until you hear single drum beat, lyrics "Hey!", then look upwards to left towards 12:00 wall as you stretch left arm up and right arm down.

Hope you feel supa good now! Enjoy the dance!

Contact: Julie Parks
jewelzee.parks@gmail.com

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