

Super Trouper!

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Elke Weinberger (NL)
音乐: Super Trouper - A*Teens



Sequence: 64, 64, 28, 64, 64, Tag, 32, Tag, 60 to the end

½ LEFT MONTEREY TURN, SIDE TOUCH, ¼ RIGHT TURN, LOCK STEP, BACK, BACK ROCK, RECOVER, KICK-BALL-CROSS

- 1-2 Touch left toe to left, execute ½ turn left on ball of right as you bring left beside right (taking weight onto left)
- 3&4 Touch right toe to right, execute ¼ turn right and then lock-step right over left, step left back
- 5-6 Rock right back, recover weight onto left
- 7&8 Kick right forward, step on ball of right beside left, cross left over right

SIDE ROCK, ¾ RIGHT TURN SHUFFLE, FORWARD STEP, ½ LEFT TURN, TOGETHER STEP, BACK COASTER

- 9-10 Rock right to right, recover weight onto left
- 11&12 Complete a ¾ turn right as you step on right, left, right
- 13-14 Step left forward, on ball of left execute a ½ turn left and then step right beside left
- 15&16 Step left back, step right beside left, step left forward

FORWARD, ¼ RIGHT TURN, SIDE STEP, SAILOR CROSS, SIDE ROCK, RECOVER, SAILOR STEP

- 17-18 Step right forward, execute ¼ turn right on ball of right and then step left to left
- 19&20 Cross right behind left, step left to left, cross right over left
- 22-23 Rock left to left, recover weight onto right
- 23&24 Cross left behind right, step right to right, step left to left

BEHIND CROSS, ½ TURN RIGHT UNWIND, SIDE MAMBO CROSS, FORWARD ROCK, RECOVER, BACK ROCK, RECOVER

- 25-26 Cross right behind left, unwind ½ turn right (weight ends on left)
- 27&28 Rock right to right, recover weight onto left, cross right over left
- 29-30 Rock left forward, recover weight onto right
- 31-32 Rock left back, recover weight onto right

FORWARD WALKS, FORWARD LOCK-STEPS, PIVOT ¼ LEFT TURN, CROSS SHUFFLE

- 33-34 Walk forward on left, right
- 35&36 Step left forward, lock-step right behind left, step left forward
- 37-38 Step right forward, pivot ¼ turn left (weight ends on left)
- 39&40 Cross right over left, step left to left, cross right over left

SIDE ROCK, RECOVER, ¼ LEFT TURN, BACK LOCK STEPS, BACK MAMBO, SIDE TOUCH SWITCHES

- 41-42 Rock left to left, recover onto right
- 43&44 Execute ¼ turn left and then step left back, lock-step right over left, step left back
- 45&46 Rock right back, recover weight onto left, step right beside left
- 47& Touch left toe to left, step left beside right
- 48& Touch right toe to right, step right beside left

FORWARD WALK, PIVOT ½ TURN LEFT, LOCK STEPS, FORWARD ROCK, RECOVER, COASTER STEP

- 49&50 Walk forward on left, right
- 51&52 Pivot ½ turn left (weight ends on left), lock-step right behind left, step left forward
- 53&54 Rock right forward, recover weight onto left

55&56 Step right back, step left beside right, step right forward

FORWARD, TOUCH, HOLD, FORWARD, TOUCH, ¼ RIGHT TURN, MODIFIED SWIVEL WALKS, FORWARD WALK

&57-58 Step left diagonally forward, touch right toe beside left, hold

&59-60 Step right diagonally forward, touch left beside right, hold

61-62 Execute ¼ right turn and then swivel walk ("skate") forward on left, right

63-64 Walk forward on left, right

REPEAT

RESTART

On the 3rd rotation, dance up to the 28th count and start dance from count 1 as usual.

On the 7th rotation, dance up to the 60th count. Start dancing 8th rotation immediately from count 1 as usual till music ends

TAG

At the end of the 5th rotation, add in the 4-counts tag and then start the 6th rotation as usual from count 1.

On the 6th rotation, dance up to the 32nd count. Add in the 4-counts tag again and then start 7th rotation as usual from count 1

LEFT JAZZ BOX

1-4 Cross left over right, cross right over left, step left back, step right beside left
