Superstar



编舞者: Tripple xXx (UK) 音乐: Superstar - Jamelia



KICK BALL CHANGE, MAMBO CROSS, STEP TO THE SIDE, BEHIND STEP, TURN 1/4 FORWARD, FORWARD

1	Kick right foot to 2:00
&	Put weight on right foot
2	Put weight on left foot

3&4 Make a mambo cross with right foot to 11:00

5 Step left foot to 9:00

6 Put right foot behind left foot

7 Turn ¼ over your left foot shoulder and step forward to 9:00

& Step forward on right footStep forward on left foot to 9:00

WALK BACK, APPLEJACK, HIP MOVEMENTS

1	Step back with right foot
2	Step back with left foot
3	Step back with right foot
4	Step back with left foot

Make a applejack to the left and swing your hip into it
Make a applejack to the right and swing your hip into it
Make a applejack to the left and swing your hip into it
Make a applejack to the right and swing your hip into it

ARMS HIP MOVEMENTS, KICK BALL CHANGE, MAMBO CROSS

1 Put both arms in the air and wave them to the right, while doing this move your right hip also

into the right direction

& Keep your arms in the air and wave to the left, do the same with your hips

Repeat count 1
Repeat count 1&2
Kick right foot to 10:00
Put weight on right foot
Put weight on left foot

7&8 Make a mambo cross with right foot to 8:00

STEP FORWARD, SAILOR STEP, STEP FORWARD, STEP BACK TURN ¼, TURN ½, POINT FORWARD, SWIVEL

1 Step left foot to 7:00	
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2&3 Make a sailor step start with right foot, finish facing 11:00

4 Step forward on left foot to 11:00

Turn ¼ over your left shoulder while doing this step back on your right foot Turn ½ over your left foot shoulder and step forward on left foot to 3:00

Point right foot forward, keep weight on left foot

& Swivel both heels to rightPut both heels back in place

REPEAT

