

Ain't No Superman (aka On the Fly)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Kat Painter (USA) - April 2023
音樂: One Thing At A Time - Morgan Wallen



Special thanks to Stoney's Rockin' Rodeo's Sunday class regulars who took a chance on learning a dance as it was being choreographed "On The Fly."

no tags or restarts!
32 count intro

STEP TOUCH PIVOT, TOUCH, STEP, TOUCH, PIVOT, TOUCH

1-4 Step R fwd, 1/4 Lt Touch L next to R, 1/4 Lt Step L fwd, Touch R next to L
5-8 repeat 1-4

GRAPEVINE R, TOUCH, GRAPEVINE L, TOUCH

1-4 Step R side, Step L behind R, Step R Side, Touch L next to R
5-8 Step L side, Step R behind L, Step L side, Touch R next to L

K STEP with 1/4 TURN

1-4 Step R diagonal fwd, Touch L next to R, Step L diagonal back, Touch R next to L
5-8 1/4 Rt Step R side, Touch L next to R, Step L side, Touch R next to L

HIP PRESS ROLL x2, BEHIND, 1/2 UNWIND, STEP, STEP

1-4 Press R out to Rt as you push R hip out, Recover to L, Press R out to Rt as you push R hip out, Recover to L
5-8 Touch R behind L, 1/2 Rt unwind weight to L, Step R in place, Step L in place (or slightly fwd if more comfortable)

Repeat