

# 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