



NO SUPERMAN

CHOREGRAPHE : Darren Bailey, Henrik Gønvold & Daniel Trepot
MUSIQUE : I Am No Superman by (Jeronimo feat Stay-C)
TYPE DE DANSE: Danse en Ligne, 4 murs – 32 temps
NIVEAU : Novice

1 – 8 CROSS STEP. SIDE STEP

1 & 2 & Cross RF over LF, weight back to LF, step RF to R, weight back to LF
3 & 4 Cross RF behind LF, weight back to LF, step RF to R
5 & 6 & Cross LF over RF, weight back to RF, step LF to L, weight back to RF
7 & 8 Cross LF behind RF, weight back to RF, step LF to L

9 – 16 HIP ROLLS, 1/2 TURN, COASTER STEP, SAMBA CROSS

1,2,3,4 Step RF forward and roll hips from R to L while making a ½ turn over L shoulder, ending with weight on RF
5 & 6 Step LF back, step RF beside LF, step LF forward
7 & 8 Step RF to R, weight back to LF, cross RF over LF

17 – 24 SHUFFLE FULL TURN, SYNCOPATED CROSS STEP, SLIDE, TOUCH

1 & 2 & Step LF ¼ turn to L, step RF beside LF, step LF ¼ turn to L, step RF beside LF
3 & 4 Step LF ¼ turn to L, step RF beside LF, step LF ¼ turn to L
5 & 6 Cross RF over LF, step LF to L, cross RF behind LF
7,8 Slide LF to L side, touch RF beside LF, facing R diagonal (1/8 turn to R)

25 – 32 HITCH, STEP 1/8 TURN R, L SHUFFLE, WALK ½ TURN.

& 1 & 2 Hitch R knee, step RF back to L diagonal, step LF back, step RF 1/8 turn to R
3 & 4 Step LF forward, step RF beside LF, step LF forward
5,6, Step RF forward, step LF ¼ turn to L
7,8 Step RF forward, step LF ¼ turn to L and flick RF back

RECOMMENCER AU DEBUT AVEC LE SOURIRE