

Superwoman

40 Count, 4 Wall, Intermediate, Line Dance NC Style.

Choreographed by Kate Sala (UK)

Music: 'Superwoman' by Rebecca ferguson 3:35 mins.

Intro: 8 counts, on vocals.

Section 1

Basic Night Club Right, Basic night Club Left, Step Forward, Full Turn Back, Behind, Side, Cross.

- 1 2 & Long step on R to right side. Cross rock step on L behind R. Slightly cross step R over L.
3 4 & Long step on L to left side. Cross rock on R behind L. Recover on to L .
5 6 & Step forward on R. Step forward on L. Pivot 1/2 turn right.
7 8 & Turn 1/2 right stepping back on L, sweeping R out to right side. Cross step R behind L. Step L to left side.

Section 2

Cross Rock, Recover & Cross Rock, Recover & Step Forward, Spiral Full Turn, Step Forward, Rock Step, Back.

- 1 2 & Cross rock on R over L. Recover on to L. Small step on R to right side.
3 4 & Cross rock on L over R. Recover on to R. Small step on L to left side.
5 6 Step forward on R. Pivot full turn left on ball of R hooking L up in front of R. **12:00**
7& 8& Step forward on L. Rock forward on R. Recover on to L. Step back on R.

Section 3

Touch Back, Reverse 1/2 Turn , 1/4 Turn, Cross Rock Back, Recover, Full Turn, Cross Rock, Recover With Sweep.

- 1 2 Touch L toe back. Reverse 1/2 turn left. (weight on L)
3 Turn 1/4 left stepping R out to right side. **3:00**
4 & 5 Cross rock back on L behind R. Recover on to R. Turn 1/4 left stepping forward on L.
6 & Turn 1/2 left stepping back on R. Turn 1/4 left stepping L to left side. **3:00**
7 8 Cross rock on R over L. Recover on to L sweeping R out to right side.

Section 4

Sailor 1/2 Turn Right, Pivot 1/2 Turn Left, 1/2 Turn, Coaster Cross, Scissor Cross, Step Left.

- 1 & 2 Cross step R behind L. Turn 1/2 right stepping down on L. Step forward on R. **9:00**
3 4 Pivot 1/2 turn left. Turn 1/2 left stepping back on R. **9:00**
5 & 6 Step back on L. Step R next to L. Cross step L over R.
7 & 8 Step R to right side. Step L next to R. Cross step R over L.
& Step L to left side. **(Restart from here during wall 5)**

Section 5

Touch Back, Reverse 1/2 Turn Right, Triple Full Turn Right, Step Pivot 1/2 Turn Left, Prissy Walk x 2.

- 1 2 Touch R toe back. Reverse 1/2 turn right. (Weight on R).
3 & 4 Turn 1/2 right stepping back on L. Turn 1/2 right stepping forward on R. Step forward on L. **3:00**
5 6 Step forward on R. Pivot 1/2 turn left. **9:00 (Restart from here during wall 2)**
7 8 Step forward and slightly across on R. Step forward and slightly across on L.

Start Again

Enjoy!

Restart 1: During wall 2, restart after count 6 of section 5, you will restart the dance facing back wall.

Restart 2: During wall 5, restart after count 8& of section 4. So after right scissor cross step L, then step R to start again facing 9:00 wall.