

# Superwoman

**Count:** 40    **Wall:** 4    **Level:** Intermediate NC style

**Choreographer:** Kate Sala (UK) Feb 2017

**Music:** 'Superwoman' by Rebecca Ferguson - 3:35 mins.

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**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.**