

# SUPERPOWER

**Choreographer:** Val O'Connor ( September 2019 )

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**Music:** Superpower ( Clean version ) Original version can be used but contains swear words (3.10 mins)

**Count:** 64 **Level:** Intermediate **Walls:** 2 **Restart:** 1 During 2<sup>nd</sup> wall after 32 counts **BPM:** 104

**Intro:** 8 counts on vocals

## **STEP R, ½ R, R LOCK STEP BACK, R HEEL AND TOUCH AND R HEEL AND STEP L**

**1-2-3&4** Step forward R, ½ R step back on L, step back R, (&) cross L in front of R, step back R (6)

**&5&6** (&) Step slightly back on L, dig R heel forward, (&) step down on R, touch L next to R

**&7&8** (&) Step slightly back on L, dig R heel forward, (&) step down on R, step forward L

## **R KICK OUT OUT, R HEEL TOE HEEL, R SIDE ROCK CROSS, L TAP ¼ L TAP L KICK**

**1&2** Kick R foot forward, (&) step R to R side, step L to L side

**3&4** Swivel R heel in towards L, (&) swivel R toe in towards L, Swivel R heel in towards L

**5&6-7&8** Rock R to R side, (&) recover on L, cross R over L, tap L slightly to L side, (&) tap L ¼ L, kick L (3)

## **L COASTER STEP, 2 PRISSY WALKS RL, R ROCKING CHAIR, STEP R FORWARD, BOUNCE BOTH HEELS ¼ L**

**1&2-3-4** Step back L, (&) step R next to L, step forward L, step fwd R slightly in front of L, step fwd L slightly in front of R

**5&6&7&8** Rock forward R, (&) recover back on L, rock back R, (&) recover fwd on L, step fwd R, bounce both heels ¼ L (12)

## **CROSS R, SIDE L, R BEHIND ¼ L STEP, L CROSS ROCK SIDE ROCK, L SAILOR AND HEEL ¼ L**

**&1-2-3&4** (&)Weight on L, cross R over L, L to L side, cross R behind L, (&) ¼ L step fwd L, step fwd R (9)

**5&6&** Cross rock L over R, (&) recover on R, rock L to L side, (&) recover on R

**7&8 &** Cross L behind R, (&) ¼ L step R to R side, dig L heel fwd, (&) step onto L (6) ( Wall 2 restart )

## **TOUCH R AND L HEEL AND R HEEL AND TOUCH L, R TAP TAP STEP, L SCUFF HITCH ¼ L**

**1&2&3&4** Touch R next to L, (&) step onto R, dig L heel fwd, (&) step onto L, dig R heel fwd, (&) step onto R, touch L next to R

**&5&6** (&)Step down on L, ( travelling slightly to R diagonal) tap R foot fwd, (&) tap R foot fwd, step fwd on R at same time flick L foot back

**7&8** Scuff L fwd, (&) hitch L, ¼ L step fwd on L (3)

## **R ROCKING CHAIR, STEP R, 1/4 L, HEELS TOES TOGETHER, R SIDE ROCK TOUCH**

**1&2&3-4** Rock fwd R, (&) recover on L, rock back on R, (&) recover fwd on L, step fwd R, ¼ L step L to L side with feet apart (12)

**5&6-7&8** Turn both heels in, (&) turn both toes in, bring both feet together, rock R to R side, (&) recover on L, touch R next to L

## **SKATE RL, R KICK BALL STEP, R SCUFF HITCH BACK, TOUCH BACK L ¼ L**

**1-2-3&4** Skate fwd RL, kick R fwd, (&) step down on R, step fwd L

**5&6-7-8** Scuff R fwd, (&) hitch R, step back R, touch L toe back, turn ¼ L ( weight on L ) (9)

## **R CROSS AND HEEL, ¼ L CROSS AND HEEL, STEP R, HEEL TWISTS, R COASTER BRUSH R**

**1&2&3&4** Cross R over L, (&) step back L, dig R heel fwd, (&) step onto R, cross L over R, (&) ¼ L step back R, dig L heel fwd (6)

**&5&6-7&8** (&) step down L, step fwd R, (&) twist both heels R, twist both heels back to centre, (weight on L) , step back R, (&) step L next to R, brush R foot fwd