

"SUPERHERO"

SINGLE: "Superhero" by Daze, Columbia

CHOREO: Kelli McChesney

INTRO: Wait (32) beats / Start with LEFT foot

Intermediate +

Pop music

TIME: 3:22

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PART A (32 BEATS):

- (1) **"FANCY RUN"** --- ST DS(IF) RS RS (move left)
L R LR LR
- (1) **"TURN STEP"** --- DBL(UP) DS(IF) DRAG STEP(IB) RS
(turn ¼ left) L L L R LR
- (3) **REPEAT FANCY RUN AND TURN STEP TO FACE ALL FOUR WALLS**
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CHORUS (32 BEATS):

- (1) **"SUPERHERO"** --- DS DBL(UP) ROCK HEEL* RS
* -- takes weight L R R L RL
- (2) **"SLAPBACKS"** --- DBL(B) Toe-Step(IB) DBL(B) Toe-Step(IB)
R L L L R R
- (1) **"SUPERHERO"** --- (right foot)
- (2) **"BOOGIE BASICS"** --- DS ROCK(IB) STEP DS ROCK(IB) STEP
(turn ½ left) L R L R L R
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**
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BREAK 1 (8 BEATS):

- (6) **"TOE-HEELS"** --- Toe-Heel Toe-Heel (turn 360° left)
L L R R
- (1) **"RS AND PAUSE"** --- RS & pause for one beat
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PART B (32 BEATS):

- (1) **"WALKING VINE"** --- DS STEP DS STEP DS STEP DS BR(UP)
(move left) L R L R L R L R
- (2) **"HEEL PULLS"** --- ROCK HEEL STEP(IB) ROCK HEEL STEP(IB)
R L R L R L
- (1) **"CHAIN"** --- DS RS RS RS (turn ½ right)
R LR LR LR
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**
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- (1) **REPEAT PART A**
- (1) **REPEAT CHORUS**
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"SUPERHERO" (CONT'D)

BREAK 2 (36 BEATS):

- (1) **"MCNAMERA"** --- HEEL BA BA(IB) BA(OTS) HEEL STEP
L L R L R L
- (1) **"TRIPLE"** --- DS DS DS RS
R L R LR
- (1) **"JOEY"** --- DS BA(XIB) BA BA BA(XIB) BA STEP
L R L R L R L
- (1) **"BASIC TURN"** --- DS RS STEP STEP (turn ½ right on STEPS)
R LRL R
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**
- (2) **"STEP TOUCHES"** --- STEP TCH(TOG) STEP TCH(TOG)
L R R L

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- (1) REPEAT PART B
(1) REPEAT PART A
(1) REPEAT CHORUS

PART C (32 BEATS):

- (1) **"8-BEAT JAZZ"** --- STEP TCH(TOG) (punch right arm forward)
L R
1 2
STEP TCH(TOG) (punch left arm forward)
R L
3 4
STEP(turn ¼ left) TCH(TOG) (punch right arm
L R to the left)
5 6
TURN (¼ right, on balls of feet)
BO
&7
STEP (circle right arm from left to right)
R
8
- (4) **"BASKETBALLS"** --- STEP(FWD) PIVOT(¼ right on each)
R BOTH
- (4) **"STOMP DOUBLE UPS"** --- ST DBL(UP) DBL(UP) DBL(UP)
(angle left and right) L R R R
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"SUPERHERO" (CON'T)

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(2) REPEAT CHORUS

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ENDING (23 BEATS):

(1) "8-BEAT JAZZ"

(4) "BASKETBALLS"

(6) "TOE-HEELS" --- Toe-Heel Toe-Heel (turn 360° left)

L L R R

(1) "STEPS OUT" --- STEP(OUT) STEP(OUT) (arms down and
L R out to side)

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SEQUENCE: Wait 32, A, CHORUS, BREAK 1, B, A, CHORUS, BREAK 2,
B, A, CHORUS, C, CHORUS, CHORUS, ENDING.

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