"SUPERHERO"

SINGLE: "Superhero" by Daze, Columbia
CHOREO: Kelli McChesney
INTRO: Wait (32) beats / Start with LEFT foot
TIME: 3:22

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  R  R  LR
(3) REPEAT FANCY RUN AND TURN STEP TO FACE ALL FOUR WALLS

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  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  R
(1) REPEAT ABOVE (16) BEATS TO FACE FRONT

BREAK 1 (8 BEATS):
(6) "TOE-HEELS" --- Toe-Heel Toe-Heel (turn 360º left)
                     L  L  R  R
(1) "RS AND PAUSE" --- RS & pause for one beat

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  L
(1) "CHAIN" --- DS RS RS RS (turn ½ right)
                R  LR  LR  LR
(1) REPEAT ABOVE (16) BEATS TO FACE FRONT

(1) REPEAT PART A
(1) REPEAT CHORUS

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"SUPERHERO" (CONT'D)

BREAK 2 (36 BEATS):

(1) "MCNAMERA" --- HEEL BA BA(IBM) BA(OTS) HEEL STEP
   L   L   R   L   R   L

(1) "TRIPLE" --- DS DS DS RS
    R   L   R   LR

(1) "JOEY" --- DS BA(XIBM) BA BA BA(XIBM) BA STEP
    L   R   L   R   L   R   L

(1) "BASIC TURN" --- DS RS STEP STEP (turn ½ right on STEPS)
        R   LR   L   R

(1) REPEAT ABOVE (16) BEATS TO FACE FRONT

(2) "STEP TOUCHES" --- STEP TCH(TOG) STEP TCH(TOG)
                  L   R   R   L

(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 to the left)
   L   R
 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)

(2) REPEAT CHORUS

ENDING (23 BEATS):
(1) "8-BEAT JAZZ"
(4) "BASKETBALLS"
(6) "TOE-HEELS" --- Toe-Heel Toe-Heel
(1) "STEPS OUT" --- STEP(OUT) STEP(OUT) (arms down and
L     L   R     R out to side)

L     R

L         R

(turn 360° left)


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