

Super Women

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Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Miko Yamamoto (INA), March 2019

Music: Super Women by Karyn White (cover) Diane De Mesa

Intro: 20 Count or after the music goes around 22 seconds

***1 Tag - 1 Restart**

SECTION 1: CROSS OVER, SIDE, CROSS BEHIND, SWEEP, CROSS BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE

- 1-2&3** Cross L over R (1), Step R to side (2), Cross L behind R (&), Sweep R from front to back (3)
- 4&5** Cross R behind L (4), Step L to side (&), Cross rock R over L (5)
- 6&7** Recover on L (6), Step R to side (&), Cross rock L over R (7)
- 8&** Recover on R (8), Step L to side (&)

Restart here on wall 4

SECTION 2: CROSS OVER, TURN ½ RIGHT, FORWARD, FORWARD, FORWARD, KICK, LIFT, BACK, BACK, BACK

- 1-4** Cross R over L (1), Make ¼ turn R (2), Make ¼ turn R lift R (3), Step R forward (4)
- 5&6** Step L forward (5), Step R forward (&), Kick L forward (6)
- 7-8&1** Lift L (7), Step L back (8), Step R back (&), Step L back (1)

SECTION 3: SWAY (RIGHT, LEFT, RIGHT), LEFT ROLLING VINE, CROSS ROCK, RECOVER, RIGHT ROLLING VINE, FORWARD DIAGONAL

- 2&3** Step R to side&sway R (2), Sway L (7), Sway R (3)
- 4&5** Make ¼ turn L step L forward (4), Make ¼ turn L step R back (&), Make ¼ turn L step L to side (5)
- 6&7** Cross rock R behind L (6), Recover on L (&), Make ¼ turn R step R forward (7)
- 8&1** Make ½ turn R step L back (8), Make ¼ turn R step R to side (&), Step L forward diagonally R (1)

SECTION 4: FULL TURN LEFT, LIFT, BACK SIDE, DIAGONAL FORWARD, DIAGONAL FORWARD, FULL TURN LEFT, LIFT, CROSS BEHIND, SIDE

- 2&3** Make ½ turn L step R back diagonal (2), Make ½ turn L step L forward (&), Lift R (3)
- 4&5** Step R back (4), Step L to side (&), Step R forward diagonally L (5)
- 6&7** Step L forward diagonal (6), Make ½ turn L step R back diagonal (&), Make ½ turn L while lift L (7)
- 8&** Cross L behind R (8), Step R to side (&)

Enjoy the dance

Restart during wall 4 after 8 count

Tag: (4 Count) at the end of wall 9

- 1-4** Cross L over R, Step R to side & sway R, L, R

For information about this dance please contact me at febe.yamamoto@yahoo.com

Last Update - 24 March 2019

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