

Super

64 Count, 4 Wall, Intermediate

Choreographer: Judith Kennedy (UK) May 2012

Choreographed to: Super Trouper by ABBA, CD: ABBA Gold/Super Trouper (128 bpm); Super Trouper by Meryl Streep, Julie Walters & Christine Baranski, CD: Mama Mia Soundtrack; Waterloo by ABBA (147 bpm)

Start dancing on lyrics (I was sick and tired)

1 SIDE, BEHIND, SIDE, IN FRONT, CHASSE, ROCK BACK, RECOVER

- 1-2 Step right to side, cross-cross left behind right
- 3-4 Step right to side, cross-step left in front of right
- 5&6 Chassé side right, left, right
- 7-8 Rock to left foot behind right, recover to right

2 SIDE, BEHIND, SHUFFLE WITH TURN ¼ LEFT, ROCKING CHAIR

- 9-10 Step left to side, cross-cross right behind left
- 11&12 Turn ¼ left and left forward shuffle left, right, left (9:00)
- 13-14 Rock right forward, recover to left
- 15-16 Rock right back, recover to left

3 SIDE ROCK, RECOVER, CROSS SHUFFLE, WEAVE

- 17-18 Rock right to side, recover to left
- 19&20 Crossing shuffle right, left, right
- 21-22 Step left to side, cross-cross right behind left
- 23-24 Step left to side, cross-step right in front of left

4 SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP RIGHT, HOLD, ROCK, RECOVER

- 25-26 Rock left to side, recover to right
- 27&28 Crossing shuffle left, right, left
- Restart** from beginning at this point on 3rd wall
- 29-30 Step right to side, hold
- &31-32 Step left together, rock right to side, recover to left

5 ROCK BACK, RECOVER, STEP, TURN, WALK, WALK, SHUFFLE

- 33-34 Rock back to right foot, recover to left
- 35-36 Step right forward, pivot half a turn left (3:00)
- TAG:** here on 6th wall: **Add Jazz box (see below)**
- 37-38 Step right forward then left
- 39&40 Chassé forward right, left, right

6 CROSS, SIDE, BEHIND, POINT TWICE

- 41-42 Cross left over right, step right to side
- 43-44 Cross left behind right, touch right to side
- 45-46 Cross right over left, step left to side
- 47-48 Cross right behind left, touch left to side

7 ROCK BACK, RECOVER, STEP, TURN, WALK, WALK, SHUFFLE

- 49-50 Rock back to left foot, recover to right
- 51-52 Step left forward, pivot half a turn right (9:00)
- 53-54 Step left forward then right
- 55&56 Chassé forward left, right, left

8 STEP, HITCH, STEP BACK, POINT, JAZZ BOX WITH CROSS

- 57-58 Step right forward, hitch left (angled slightly to right diagonal)
- 59-60 Step back to left, touch right to side
- 61-62 Cross right over left, step back to left (square to front)
- 63-64 Step right to side, cross left over right

RESTART: During 3rd wall (4th section after step 28 ie rock left, recover, left cross shuffle) begin again

TAG & RESTART: During 6th wall in 5th section after step 36 (ie step right forward, pivot half turn left) do a jazz box ie:

- 1-2 Cross right over left, step back to left
 - 3-4 Step right to side, cross left over right. Then begin dance again from beginning.
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