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Super Model

Phrased, Intermediate Choreographer: Ivy Chan Siew Lin (Singapore)

May 2006

Choreographed to: Super Model by S.H.E. (Once Upon

A Time) (108 bpm)

Dance Sequence:- A-A-B-B-A-A-B-B-TAG-B-B-B (16 count with ending)

Dance starts on the vocals after 48 count intro.

#### **OPTIONAL OPENING (After 32 count intro)**

## 1 - 8 WALK FORWARD RIGHT-LEFT-RIGHT-LEFT, STEP-HOLD, STEP-HOLD

- 1-2-3-4 Cat-walk forward on right-left-right-left
- 5-6-7-8 Step right to right side (no weight on left), HOLD, step left to left side (no weight on right), HOLD (12:00)

## 9 - 16 TURN RIGHT WALK A SEMI CIRCLE CW FULL TURN RIGHT, STEP-HOLD, STEP-HOLD

- 1-2-3-4 Turn to right walk forward on right-left-right-left a semi circle clockwise and end at front wall
- 5-6-7-8 Step right to right side (no weight on left), HOLD, step left to left side (no weight on right), HOLD (12:00)

#### PART A (32 COUNT)

- 1 8 WALK TWICE, 1/4 TURN LEFT-HIP BUMP, 1/4 TURN, 1/2 TURN, SWEEP-LEFT COASTER
- 1 2 Walk forward on right, walk forward on left
- 3 & 4 Making 1/4 turn left step right to right side, bump hips right-left-right (Look over right shoulder on count 4)
- 5 6 Turn 1/4 left step forward on left, turn 1/2 left step back on right
- & 7 & 8 Sweep left from front to back, step back on left, step right beside left, step forward on left (12:00)

## 9 - 16 SIDE ROCK WITH 1/4 TURN, FORWARD SHUFFLE, SWEEP 1/2 TURN, BACK ROCK-TOUCH

- 1 2 Rock right to right side, recover weight onto left making 1/4 turn left,
- 3 & 4 Step forward on right, step left beside right, step forward on right
- 5 6 Making 1/2 turn right, sweep left from back to front, touch left beside right \*Styling option: Raise both hands up from side and across above head
- 7 & 8 Rock back on left, recover weight on right, touch left beside right
  \*Styling option: Both hands wipe a semi circle anticlockwise on left side from top to back (3:00)

# 17 - 24 CROSS-POINT, CROSS-POINT, STEP 3/4 TURN, SIDE SHUFFLE

- 1 2 Cross left over right, point right to right side
  - \*Styling option: R arm bent & a clenched fist chest height & R elbow pointing out to R side, jab R elbow to R side
- 3 4 Cross right over left, point left to left side
  - \*Styling option: L arm bent & a clenched fist chest height & L elbow pointing out to L side, jab L elbow to L side
- 5 6 Step forward on left, 3/4 turn over right
- 7 & 8 Step left to left side, step right beside left, step left to left side (12:00)

## 25 - 32 RIGHT SAILOR, LEFT SAILOR-POINT, SIDE BODY ROLL, CROSS-1/4 TURN-1/4 TURN

- 1 & 2 Step right behind left, step left to left side, step right to right side
- 3 & 4 Step left behind right, step right to right side, point left to left side
- 5 6 Side moving body roll to left
- 7 & 8 Cross left over right, turn 1/4 left step back on right, turn 1/4 left step left to left side (6:00)

# PART B (32 COUNT)

## 1 - 8 SCUFF-HITCH-STEP, LEFT COASTER, FORWARD SHUFFLE, HITCH-POINT 1/4 TURN (X2)

- 1 & 2 Scuff right forward, hitch right knee and left leg scoot slightly back, step back on right
- 3 & 4 Step back on left, step right beside left, step forward on left
- 5 & 6 Step forward on right, step left beside right, step forward on right
- & 7 & 8 Hitch left knee, make 1/4 turn right point left toe to left, (repeat) (6:00)

# 9 - 16 CROSS-STEP-HEEL-STEP, CROSS-STEP-HEEL-STEP, 1/2 PIVOT TURN, FORWARD SHUFFLE

- 1 & 2 & Cross left over right, step right to right side, touch left heel diagonally forward left, step left back to place,
- 3 & 4 & Cross right over left, step left to left side, touch right heel diagonally forward right, step right back to place,
- 5 6 Step forward on left, pivot 1/2 turn on right
- 7 & 8 Step forward on left, step right beside left, step forward on left (12:00)

# 17 - 24 BUMP HIPS RIGHT-LEFT, RIGHT-LEFT-HOOK, 1/4 TURN-SHUFFLE, 1/2 PIVOT TURN

- 1 2 Step right to right side, bump hips right-left
  - \*Styling option: Swing both hands out to side right-left
- 3 & 4 Bump hips Right-Left-Right, hook left behind right
  - \*Styling option: Swing both hands a full circle anticlockwise from left and out to right side
- 5 & 6 Turn 1/4 left, step forward on left, step right beside left, step forward on left
- 7 8 Step forward on right, pivot 1/2 turn on left (3:00)

## 25 - 32 STOMP RIGHT-LEFT, HEEL TWIVELS WITH 1/4 TURN, STEP, 1/2 TURN, SAILOR 1/4 TURN

- 1 2 Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)
- 3 & 4 Swivel both heels to Right-left-right with 1/4 turn left, weight on right (Lean slightly back)
- 5 6 Step forward on left, turn 1/2 left step back on right
- 7 & 8 Step left behind right, step right in place as you make 1/4 turn left, step slightly forward on left (3:00)

#### TAG (4 COUNT) Facing front wall

# 1 - 4 CROSS UNWIND FULL TURN, 3 HOP WITH 1/4 TURN LEFT

- 1 2 -3 Cross right over left, unwind full turn to left,
- & 4 & Hop 3 time on both feet making 1/4 turn to left (9:00)
  \*Styling option: Clenched right fist and punching right arm up

#### **ENDING**

#### Dance B- up to count 14, do the following step and finish the dance at front wall.

7 - 8 Step forward on left, unwind 3/4 turn spiral right, weight on left, point right in front left, HOLD Raise both hands up to side & pose

This dance was placed 3<sup>rd</sup> in the Choreography Competition at DanceFuntasia, Taipei, 2006

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