

Super Trouper

40 Count, 4 Wall, Improver, Stroll

Choreographer: Stephanie Mathis (USA) August 08

Choreographed to: Super Trouper by ABBA,
(128 bpm) CD: ABBA Gold

TOE STRUTS 2X, RIGHT FOOT KICKS 2X, STEP BACK, STEP TOGETHER

- 1-2 Touch right toe forward, drop right heel taking weight
- 3-4 Touch left toe forward, drop left heel taking weight
- 5-6 Kick right forward twice
- 7-8 Step right back, step left beside right

STEP HOLD, STEP HOLD, WALK FORWARD WITH STYLE

- 1-2 Step right forward, hold
- 3-4 Step left forward, hold
- 5-8 Walk forward, swaying hips right, left, right, left

¼ TURN LEFT, CROSS, HOLD, ½ TURN RIGHT, CROSS, HOLD

- 1-4 Step right forward, turn ¼ left taking weight on left, cross right over left, hold
- 5-8 Step left, on ball of left turn ½ right, stepping down on right, cross left over right, hold

TOUCH CROSS 2X, LARGE STEP, SLOW DRAG

- 1-2 Touch right to right side, cross right over left
- 3-4 Touch left to left side, cross left over right
- 5-8 Step large step to right, drag left to meet right over 3 counts
Touch & clap on count 8

ROLLING LEFT TURN, WALK BACK

- 1-4 Turn full turn left on 1-2-3, touch right together and clap
- 5-8 Walk back right, left, right, left

Music download available from iTunes