

SUPERMAN



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1443 Britt Lauren Way, Soddy Daisy, TN 37379

MUSIC: Love Theme from 'Superman'

ARTIST: Gaby Goldberg

FOOTWORK: Opposite except where indicated

RHYTHM: Rumba **RAL PHASE:** V [See additional cue card at bottom for PH IV+2 option]

DEGREE OF DIFFICULTY: Average

SEQUENCE: INTRO AB A INTLD C B C(1-4) ENDING

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www.chattanoogaarounddancing.net

DOWNLOAD: www.casa-musica.de

ALBUM: Latein Collection

TIME: 2:35

RELEASED: March 2016

MEAS:

INTRO

1-4 WAIT 1 MEASURE; GROW; SHADOW VINE 4; LADY TO FAN/MAN IN 2;

- 1 LOW L VARS WALL w/ L ft free for bth & ptd sd to LOD [hnds low w/ hd dwn] wt 1 meas ;
-,-,-,- 2 Draw L ft to tch as arms & hd rise to L VARS, -, -, - ;
QQQQ 3 [Identical footwork this meas] Sd L, XRib, sd L, XRif ;
SS(QQS) 4 Rk sd L, -, rec R, - (fwd L to LOD, trng LF stp sd & bk R making ½ trn to fc RLOD, bk L leaving R xtnded fwd w/ no wgt, -) ;

PART A

1-4 ALEMANA; ; REVERSE UNDERARM TURN; CHECK FORWARD (LADY DEVELOPE);

- 1-2 Fwd L, rec R, cl L ldg W to trn RF, - ; bk R, rec L, sd R, - ; (cl R, fwd L, fwd R comm RF swvl to fc ptr, - ; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L, - ;)
[NOTE: 2nd time meas 1 begins in BFLY WALL]
3 XLif, rec R, sd L, - (swvlg ¼ LF on ball of L ft stp fwd R trng ½ LF, rec L trng ¼ LF to fc ptr, sd R, -) ;
S,-,-(SQQ) 4 Ck fwd R outsd W to BFLY BJO, -, -, - (bk L, -, bring R ft up L leg to insd of L knee, xtnd R ft fwd) ;

5-8 BACK, RECOVER, SIDE; AIDA; SWITCH ROCK; FENCE LINE w/ ARMS TO R HNDSHK;

- 5-6 Bk L, rec R, sd [twd LOD] L, - ; thru R trng RF (LF), sd L cont RF trn, bk R to a "V" Bk-to-Bk Pos, - ;
7-8 Trng LF (RF) to fc ptr sd L ckg bringing jnd hnds thru, rec R, sd L, - ; X lun thru R w/ bent knee [bring jnd trl hnds up & thru in a circ dir], rec L trng to fc ptr, stp sd R to R HNDSHK, - ;
[NOTE: 2nd time meas 8 ends in BFLY WALL]

PART B

1-4 TRADE PLACES 2x [R HNDSHK]; ; OPEN BREAK; UNDERARM TURN;

- 1-2 Rk apt L, rec R trng ¼ RF (LF) bhd W rel jnd R hnds to momentary TANDEM, trng ¼ RF (LF) to fc ptr sd & bk L to L HNDSHK COH, - ; rk apt R, rec L trng ¼ LF (RF) bhd W rel jnd L hnds to momentary TANDEM, trng ¼ LF (RF) to fc ptr sd & bk R to R HNDSHK WALL, - ;
3-4 Rk apt strongly on L xtnding free arm out to sd, rec R, sd L, - ; raising jnd R hnds XRib, rec L, sd R, - (swvlg ¼ RF on ball of R ft stp fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L, -) ;

5-8 FLIRT; ; SWEETHEART 2x TO FACE; ;

- 5-6 Fwd L, rec R, sd L, - ; bk R, rec L, sd R to L VARS, - ; (bk R, fwd L, fwd R trng LF to VARS, - ; bk L, rec R, sd L moving to her L ifo the M to L VARS, - ;)
7-8 Ck fwd L w/ R sd ld into contra ck like action, rec R straightening bdy, sd L ending in R SHDW, - (bk R w/ L sd ld into a contra ck like action, rec L straightening bdy, sd R, -) ; ck fwd R w/ L sd ld into contra ck like action, rec L straightening bdy, sd R ending in BFLY WALL, - (bk L w/ R sd ld into a contra ck like action, rec R straightening bdy & comm LF trn, sd L comp trn to fc ptr, -) ;

INTLD

1-4 OPEN BREAK; FULL NATURAL TOP; ; ;

- 1-2 Rk apt strongly on L to LOP-FCG Pos while xtnding free arm up w/ palm out, rec on R lowering free arm, sd L trng 1/8 RF to CP DRW, - ; XRib of L comm RF trn, sd L cont trn, XRib of L cont trn, - (sd L comm RF trn, XRif of L cont trn, sd L cont trn, -) ;
3-4 Sd L cont trn, XRib of L cont trn, sd L cont trn, - ; XRib of L cont trn, sd L cont trn, cl R to CP WALL, - ; (XRif of L cont trn, sd L cont trn, XRif of L cont trn, - ; sd L cont trn, XRif of L cont trn, sd L, - ;)

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PART C

1-4 CLOSED HIP TWIST; FAN; STOP & GO HOCKEY STICK; ;

1-2 w/ slight RF bdy trn & R sd stretch giving W a slight L sd ld to op her out ck sd & fwd L, rec R w/ slight R sd ld to ld W to cl, cl L w/ slight L sd ld to trn W ending w/ slight R sd stretch, - (w/ slight L sd stretch swvl RF up to ½ bk R, rec L swvl LF up to ½, sd R sm stp swvl ¼ RF on R tchg L to R no wgt w/ slight L sd stretch, -); bk R, rec L, sd R, - (fwd L, fwd R trng ½ LF to fc RLOD, bk L leaving R xtndd fwd w/ no wgt, -);

[NOTE: 2nd time meas 1 is {Blend to ld hnds jnd} OPEN HIP TWIST;]

3-4 Ck fwd L, rec R raising L arm to ld W to a LF undrm trn, cl L to R, -; ck fwd R w/ L sd stretch shaping to W plcg R hnd on W's L shldr blade to ck her mvt, rec L raising L arm to ld W to a RF undrm trn, cl R, -; (cl R, fwd L, fwd R trng ½ LF undr jnd hnds to end at M's R sd, -; ck bk L, rec R, fwd L trng ½ RF undr jnd hnds to end fcg M in FAN Pos, -);

5-8 ALEMANA TO LADY'S TAMARA; ; WHEEL 3; WHEEL & UNWIND TO R HNDSHK;

5-6 Fwd L, rec R, cl L ldg W to trn RF, -; bk R, rec L, sd R to W's TAMARA, -; (cl R, fwd L, fwd R comm RF swvl to fc ptr, -; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L to W's TAMARA, -);

7-8 Begin RF trn fwd L, fwd R, fwd L, -; ldg W to unwind fwd R, L, R ending in R HNDSHK WALL, - (unwind LF thru this meas fwd L, R, L to R HNDSHK, -);

ENDING

1-3 HOCKEY STICK TO R HNDSHK; ; SHADOW NEW YORKER IN 4;

1-2 Fwd L, rec R, cl L, -; bk R, rec L, fwd R following the W to R HNDSHK DRW, -; (cl R, fwd L, fwd R, -; fwd L, fwd R trng appr 5/8 LF to fc ptr, sd & bk L to R HNDSHK, -);

QQQQ 3 Swvlg ¼ RF (LF) on R stp thru L w/ straight leg [L arms xtndd to the sd w/ M's L arm bhd the W's bk], rec R swvlg to fc ptr, stp sd L, cl R;

4-7 FLIRT (LADY TRANSITION); ; SHADOW VINE 4; LADY TO FAN/MAN IN 2;

4 Fwd L, rec R, sd L, - (bk R, fwd L, fwd R trng LF to VARS, -);

QQS(QQQQ) 5 Bk R, rec L, sd R to L VARS, - (bk L, rec R, sd L moving to her L ifo the M to L VARS, cl R);

6-7 Repeat meas 3-4 INTRO ; ;

8-9 [MUSIC SLOWS] START A HOCKEY STICK TO TANDEM; CROSS LUNGE & EXTEND;

8-9 Fwd L, rec R, cl L to TANDEM WALL, - (cl R, fwd L, fwd R trng ¼ LF to TANDEM, -); XRif of L (XLif) w/ lun action shaping to ptr xtnd L arm out to sd [R hnd stays on W's bk] (xtnd bth arms out to sd), -, -, -;

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HD CUES

SEQUENCE: INTRO AB A INTLD C B C(1-4) ENDING

INTRO (4 Meas)

L VARS WALL [Arms Low w/ Head Dwn] L Ft Free for Bth Wt 1 Meas ; Grow ; Shdw Vin 4 ; W to Fan/M in 2 ;

PART A (8 Meas)

[FAN] Alemana ; ; Rev Undrm Trn ; Ck Fwd (W Develope) ; Bk, Rec, Sd ; Aida ; Swch Rk ; Fnc Line w/ Arms to R HNDSHK ;

PART B (8 Meas)

Trade Plcs 2x [R HNDSHK] ; ; Op Brk ; Undrm Trn ; Flirt ; ; Swhrt 2x to Fc ; ;

PART A (8 Meas)

[BFLY] Alemana ; ; Rev Undrm Trn ; Ck Fwd (W Develope) ; Bk, Rec, Sd ; Aida ; Swch Rk ; Fnc Line w/ Arms [BFLY] ;

INTLD (4 Meas)

Op Brk to a ; Full Nat Top ; ; ;

PART C (8 Meas)

Cl Hip Twst ; Fan ; Stop & Go Hky Stk ; ; Alemana to W's TAMARA ; ; Whl 3 ; Whl & Unwind to R HNDSHK ;

PART B (8 Meas)

Trade Plcs 2x [R HNDSHK] ; ; Op Brk ; Undrm Trn ; Flirt ; ; Swhrt 2x to Fc ; ;

PART C (1-4)

Op Hip Twst ; Fan ; Stop & Go Hky Stk ; ;

ENDING (9 Meas)

Hky Stk to R HNDSHK ; ; Shdw NY 4 ; Flirt (W Trans) ; ; Shdw Vin 4 ; W to Fan/M in 2 ; [Music Slows] Start a Hky Stk to TANDEM [WALL] ; X Lun & Xtnd ;

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PHASE IV+2 OPTION (SWEETHEART, OPEN HIP TWIST)

HD CUES

SEQUENCE: INTRO AB A INTLD C B C(1-4) ENDING

INTRO (4 Meas)

L VARS WALL [Arms Low w/ Head Dwn] L Ft Free for Bth Wt 1 Meas ; Grow ;
Shdw Vin 4 ; W to Fan/M in 2 ;

PART A (8 Meas)

[FAN] Alemana ; ; Rev Undrm Trn ; Ck Fwd (W Developpe) ;
Bk, Rec, Sd ; Aida ; Swch Rk ; Fnc Line w/ Arms to R HNDSHK ;

PART B (8 Meas)

Trade Plcs 2x [R HNDSHK] ; ; Op Brk ; Undrm Trn ;
Flirt ; ; Swhrt 2x to Fc ; ;

PART A (8 Meas)

[BFLY] Alemana ; ; Rev Undrm Trn ; Ck Fwd (W Developpe) ;
Bk, Rec, Sd ; Aida ; Swch Rk ; Fnc Line w/ Arms to BFLY ;

INTLD (4 Meas)

Brk Bk to 1/2 OP ; Op I/O Runs ; ; Fwd Fc Cl ;

PART C (8 Meas)

Op Hip Twst ; Fan ; Hky Stk ; ;
Alemana to W's TAMARA ; ; Whl 3 ; Whl & Unwind to R HNDSHK ;

PART B (8 Meas)

Trade Plcs 2x [R HNDSHK] ; ; Op Brk ; Undrm Trn ;
Flirt ; ; Swhrt 2x to Fc ; ;

PART C (1-4)

Op Hip Twst ; Fan ; Hky Stk to R HNDSHK ; ;

ENDING (9 Meas)

Op Brk ; Undrm Trn ; Shdw NY 4 ;
Flirt (W Trans) ; ; Shdw Vin 4 ; W to Fan/M in 2 ;
[Music Slows] Start a Hky Stk to TANDEM [WALL] ; X Lun & Xtnd ;