SUPERMAN IV

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www.chattanoogarounddancing.net
MUSIC: Love Theme from 'Superman'
DOWNLOAD: www.casa-musica.de
ARTIST: Gaby Goldberg
ALBUM: Latein Collection
TIME: 2:35
RHYTHM: Rumba
RAL PHASE: IV+2 (Sweetheart, Open Hip Twist)

FOOTWORK: Opposite except where indicated

DEGREE OF DIFFICULTY: Average
RELEASED: March 2016

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

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, -, -, -;
3 [Identical footwork this meas] Sd L, XRib, sd L, Xrif ;
SS(QQS) 4 Rk sd L, -, rec R to FAN, - (fwd L to LOD, trng LF stp sd & bk R making ½ trn to fc RLOD, bk L leaving R Xtdned 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 outsrd W to BFLY BJO, - , - , - (bk L, -, bring R ft up L leg to insd of L knee, xtdnd fwd ft w);

5-8 ROCK BACK, RECOVER, SIDE; AIDA; SWITCH ROCK; FENCE LINE w/ ARMS TO R HNDSHK;
5-6 Rk 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 ckng bringing jnd hnds thru, rec R, sd L, -; x lun thru R w/ bent knee [bring jnd trn 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 xtdng free arm out to sd, rec R, sd L, - ; raising jnd R hnds to ld W’s undrnm trn 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 Lifo 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 BREAK BACK TO HALF OPEN; OPEN IN & OUT RUNS; ; FORWARD FACE CLOSE;
1-2 Swvlg sharply on R ft stp bk L to HALF OP LOD, rec R, fwd L, -; fwd R twd DLW, fwd & sd L acrs W trng RF, fwd R to L HALF OP LOD, - (sm fwd L, R, L, -);
3-4 Sm fwd L, R, L to HALF OP LOD, - (fwd R twd DLW, fwd & sd L acrs M trng RF, fwd R to HALF OP, -); fwd R, fc L, cl R, -;
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PART C

1-4 OPEN HIP TWIST; FAN; HOCKEY STICK; [NOTE: 2nd time meas 4 ends in RIGHT HANDSHAKE]

1-2 Ck fwd L, rec R, cl L to R, - (bk R, rec L, fwd R twd M w/ tension in R arm which causes W to swvl 1/4 RF on R on count of "and", -); bk R, rec L, sd R, - (fwd L, fwd R trng ½ LF to fc RLOD, bk L leaving R txnded fwd w/ no wgt, -); 3-4 Fwd L, rec R, cl L, -, bk R, rec L, fwd R following the W, -; (cl R, fwd L, fwd R, -; fwd L, fwd R trng LF to fc ptr, sd & bk L, -)

[NOTE: 2nd time meas 4 ends in RIGHT HANDSHAKE]

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, -; (bk R, rec L, sd R comm RF swvl, -; cont RF trn undr jnd Id hnds fwd L, cont RF trn fwd R, sd L to W's TAMARA, -)

6-8 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 OPEN BREAK; UNDERARM TURN; SHADOW NEW YORKER IN 4;

1-2 w/ R hnds jnd rk apt strongly on L while xtnding free arm out to sd, rec on R, sd L, -; raising jnd R hnds to Id W's undrm trn 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, -)

3 Swvlg ¼ RF (LF) on R stp thru L w/ straight leg [L arms txnded 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, -); 5 Bk R, rec L, sd R to L VARS, - (bk L, rec R, sd L moving to her Lifo 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 xtnld L arm out to sd [R hnd stays on W's bk] (xtnd bth arms out to sd), -;
SEQUENCE: INTRO AB A INTLD C B C(1-4) ENDING

INTRO (4 Meas)
LOW L VARS WALL [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) ;
Rk 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) ;
Rk 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 ;