

# SUPERTONIC

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**Count:** 48

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Kate Sala

**Music:** For One Night Only by The Bodyrockers

## SCUFF, OUT, OUT, HITCH & STEP LEFT, SAILOR ¼ TURN RIGHT, TRIPLE FULL TURN

- 1&2** Scuff right foot forward, step right out to right side, step left out to left side
- 3&4** Hitch right knee up, step right down in place, step left out to left side
- 5&6** Cross step right behind left, turn ¼ right stepping left to left side, step right forward
- 7&8** Triple turn full turn right traveling forward on left, right, left, (facing 3:00)

## HEEL SWITCHES TWICE, CHARLESTON, KICK, SIDE SWITCHES TWICE, SWIVEL ¼ TURN RIGHT

- 1&2** Dig right heel forward, step right next to left, dig left heel forward
- &** Step left next to right and at the same time pick right foot up taking both heels out
- 3** To the sides, touch right toe forward swiveling both heels in
- &** Pick right foot up and swivel both heels out to the sides
- 4** Swivel heels back in to center and flick right foot forward
- &5** Step right next to left, touch left out to left side
- &6** Step left next to right, touch right out to right side
- 7&8** Swivel heels left, right, left completing a ¼ turn right & keeping weight on left

## LUNGE FORWARD, HITCH, FORWARD SHUFFLE, STEP PIVOT ½ TURN STEP, TRIPLE ¾ TURN LEFT

- 1&2** Lunge forward on right & lean forward, recover on to left, hitch right knee up
- 3&4** Shuffle forward on right, left, right, (towards 6:00)
- 5&6** Step forward on left, pivot ½ turn right, step forward on left
- 7&** Turn ½ left stepping back on right, turn ¼ left stepping left to left side
- 8** Cross step right over left, (facing 3:00)

## KICK BALL CROSS, DIAGONAL KICK, CROSS, UNWIND ½ TURN, SAILOR STEP, TOGETHER, SIDE STEP

- 1&2** Kick left forward to left diagonal, step left in place, cross step right over left
- 3-4** Kick left forward to left diagonal, cross step left over right
- 5** Unwind ½ turn right keeping weight on left, (facing 9:00)
- 6&7** Cross step right behind left, step left to left side, step right in place
- &8** Step left next to right, step right out to right side

**WALK FORWARD X 3, SIDE ROCK & BEHIND STEP, SWEEP INTO SAILOR SKATE, SKATE, SKATE**

- 1-2-3** Walk forward on left, right, left
- 4&5** Rock on right out to right side, recover on to left, cross step right behind left
- &6&** Sweep left round to the left, step left behind right, step right to right side
- 7-8-1** Skate forward on left, right, left

**BODY DIP RIGHT & LEFT, BEHIND & HEEL, STEP, SLIDE BACK, HITCH, SLIDE BACK**

- &2** With feet apart bend knees, lean to the right straightening legs
- &3** Bend knees again with weight even on both feet, lean to the left straightening legs

**The above moves are as if you are dodging a boxer's punch, moving the body to the right of the punch and then to the left on the second punch**

- 4&5** Cross step right behind left, step left to left side, dig right heel to right diagonal
- &6** Step ball of right next to left, slide left foot back to left diagonal
- 7&8** Hitch left knee up, step left down in place, slide right foot back, (facing 9:00)

**Keep weight forward on left to start again**

**REPEAT**

**TAG**

**At the end of the first wall the music stops for a beat. Just hesitate and start again when the music starts again**