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**1 Rule of a flat stomach :**  
~~~~~  
Cut down a bit of stomach fat every  
day by using this 1 weird old tip.

Tip



## No Superman



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Level: Improver

Choreographer: Darren Bailey, Henrik Gønvold & Daniel  
Trepatt

Music: I Am No Superman by (Jeronimo feat Stay-C)



**Cross step, Side step**

1&2& Cross RF over LF, weight back to LF, step RF to R, weight back to LF  
3&4 Cross RF behind LF, weight back to LF, step RF to R  
5&6& Cross LF over RF, weight back to RF, step LF to L, weight back to RF  
7&8 Cross LF behind RF, weight back to RF, step LF to L

**Hip rolls, 1/2 turn, coaster step, samba cross**

1,2,3,4 Step RF forward and roll hips from R to L while making a 1/2 turn over L shoulder, ending with weight on  
RF  
5&6 Step LF back, step RF beside LF, step LF forward  
7&8 Step RF to R, weight back to LF, cross RF over LF

**Shuffle full turn, syncopated cross step, slide, touch**

1&2& Step LF 1/4 turn to L, step RF beside LF, step LF 1/4 turn to L, step RF beside LF  
3&4 Step LF 1/4 turn to L, step RF beside LF, step LF 1/4 turn to L  
5&6 Cross RF over LF, step LF to L, cross RF behind LF  
7,8 Slide LF to L side, touch RF beside LF, facing R diagonal (1/8 turn to R)

**Hitch, step 1/8 turn R, L shuffle, walk 1/2 turn,**

&1&2 Hitch R knee, step RF back to L diagonal, step LF back, step RF 1/8 turn to R  
3&4 Step LF forward, step RF beside LF, step LF forward  
5,6, Step RF forward, step LF 1/4 turn to L  
7,8 Step RF forward, step LF 1/4 turn to L and flick RF back

Enjoy and feel the beat!!!

Gefällt mir

Registrieren, um sehen zu können, was deinen Freunden gefällt.

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