Superbitch (越來越好) (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2008年09月
Music: Keeps Gettin' Better - Christina Aguilera

前奏： Starts on Vocal (48 Counts)

第一段 Back, Back & Walk, Walk, 1/2 Pivot, Step, 1/2 Pivot, 1/2.
後, 後&走, 走, 轉1/2, 踏, 轉1/2, 1/2

1-2& Step back on Left, step back on Right, step Left next to Right.
左足後踏, 右足後踏, 左足併踏

3-4 Walk forward Right, walk forward Left. 右足前走, 左足前走

5-6 Pivot 1/2 turn to Right, step forward on Left.
右轉180度, 左足前踏

7-8 Pivot 1/2 turn to Right (weight on Right), 1/2 turn to Right stepping Left next to Right. 右轉180度(重心在右足), 右轉180度左足併踏

第二段 Back, Back & Cross, 1/4 , 1/4 Rock, Recover, Behind, Hitch.
後, 後&交叉, 1/4 1/4下沉, 回復, 後, 抬

1-2& Step back & out on Right, step back & out on Left, step Right next to Left. 右足後踏, 左足後踏, 右足併踏

3-4 Cross step Left over Right, make 1/4 turn to Left stepping back on Right.
左足於右足前交叉踏, 左轉90度右足後踏

5-6 Make 1/4 turn to Left rocking Left to Left side, recover on Right.
左轉90度左足左踏, 右足回復

7-8 Cross step Left behind Right (little dip), hitch Right knee to Right forward diagonal. 左足於右足後交叉踏(略蹲), 右膝斜角線前抬
(sweep hitch into sailor抬繞轉備做水手步)

第三段 Sailor Step, Rock Step, 1/4, 1/2, Step, 1/2 Pivot.
水手步, 下沉回復, 1/4, 1/2, 踏, 轉1/2

1&2 Cross step Right behind Left, step Left to Left side, step Right to Right side. 右足於左足後交叉踏, 左足左踏, 右足右踏

3-4 Rock Left behind Right, recover on Right.
左足於右足後交叉下沉, 右足回復

5-6 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. 右轉90度左足後踏, 右轉180度右足前踏

7-8 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右轉180度

第四段 Step, Kick, Cross, Back, Together, Stomp, Together, Swivel.
踏, 踢, 交叉, 後, 併, 重踏, 併, 旋轉

1-2& Step forward on Left, kick Right forward, cross step Right over Left.
左足前踏, 右足前踢, 右足於左足前交叉踏

3-4 Step back on Left, step Right next to Left. (sticking butt out)
左足後踏, 右足併踏(伸出臀)

5-6 Step forward on Left, stomp Right next to Left.
左足前踏, 右足併重踏

7-8	With weight on Left toe & Right heel twist both feet so toes are pointing to Right diagonal, recover to centre. (重心在左足趾及右足踵)旋轉雙足向右斜角線, 轉回中間
第五段	**(&) Cross, Side, Sailor 1/2 , Step, 1/2, Knee Splits.** **交叉, 側, 轉1/2水手, 踏, 1/2, 膝開合**
&1-2	Step Right to Right side, cross step Left over Right, step Right to Right side. 右足右踏, 左足於右足前交叉踏, 右足右踏
3&4	Cross step Left behind Right, make 1/4 turn to Left stepping Right next to Left, 1/4 turn to Left stepping forward on Left. 左足於右足前交叉踏, 左轉90度右足併踏, 左轉90度左足前踏
5-6	Step forward on Right, make 1/2 turn to Right stepping Left next to Right. 右足前踏, 右轉180度左足併踏
&7&8	Keeping feet together split knees out, bring knees together, split knees, bring knees together. 將膝蓋分開, 膝蓋合併, 膝蓋分開, 膝蓋合併
第六段	**Step, Kick & Step, Hold, Rock, Recover, 1/2, 1/4.** **踏, 踢 & 踏, 候, 下沉, 回復, 1/2, 1/4**
1	Step forward on Right. 右足前踏
2&3	Kick Left forward, step Left next to Right, step Forward on Right. 左足前踢, 左足併踏, 右足前踏
4	Hold. 候
5-6	Rock forward on Left, recover on Right. 左足前下沉, 右足回復
7-8	Make 1/2 turn to Left stepping forward on Left, 1/4 turn to Left stepping Right next to Left. 左轉180度左足前踏, 左轉90度右足併踏