

## **THE SUPER TROUPER**

32 count, 4 wall, **absolute beginner** level

Choreographed by Sandra Speck (UK) September 2007

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Choreographed to Super Trouper by Abba from Greatist Hits cd or various Abba cd's (118 b.p.m)

Music download available from I-tunes

32 count intro from Heavy Beat

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### **WALK TOUCH, WALK TOUCH , WALK TOUCH , WALK TOUCH**

1 – 2 Walk forward on right foot, touch left next to right

3 – 4 Walk forward on left foot, touch right next to left

5 – 6 Walk forward on right foot, touch left next to right

7 – 8 Walk forward on left foot, touch right next to left

### **BACK TOUCH, BACK TOUCH, BACK TOUCH, BACK TOUCH**

1 – 2 Step back on right, touch left next to right

3 – 4 Step back on left, touch right next to left

5 – 6 Step back on right, touch left next to right

7 – 8 Step back on left, touch right next to left

### **EXTENDED GRAPEVINE RIGHT, TOUCH LEFT**

1 – 2 Step right foot to right side, cross left behind right

3 – 4 Step right foot to right side, cross left foot on front of right

5 – 6 Step right foot to right side, cross left behind right

7 – 8 Step right foot to right side, touch left next to right

### **EXTENDED GRAPEVINE LEFT, ¼ LEFT, TOUCH RIGHT**

1 – 2 Step left foot to left side, cross right behind left

3 – 4 Step left foot to left side, cross right foot in front of left

5 – 6 Step left foot to left side, cross right behind left

7 – 8 Make ¼ turn left stepping forward on left, touch right next to left

Begin Again

Alternative music:- Whistle For The Choir by The Fratellis (32 count intro)

Big Girls Don't Cry by Frankie Valle and The Four Seasons (24 count intro on main vocals)