

SUPA FLY

Description: 32 count - 4 wall - Low Intermediate (with tags)

Choreographed by: Jill Babinec & Jo Thompson Szymanski (2/27/25)

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Music: Supa Good!!! - Yung Gravy ft. James Brown (from Dog Man Movie)

- available itunes

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Intro: Quick start – Wow (scream) I Feel Good – starts on word Good



1-8 RT SYNCOPATED WEAVE, SAILOR, SAILOR ¼ TURN

- 1- 2&3 Step R to rt side (1), Step L behind R (2), Step R to rt side (&), Cross L over R (3)
4- 5&6 Step R to rt side (4), Step L behind R (5), Step R to rt side (&), Step L to L side (6)
7&8 Step R behind L (7), Make ¼ turn rt stepping L to L side (&), Step R fwd (8) (3:00)

9-16 L SYNCOPATED WEAVE, STEP BEHIND, SWEEP ¼ TURN, COASTER

- 1- 2&3 Step L to L side (1), Step R behind L (2), Step L to L side (&), Step R across L (3)
4 - 5 Step L to L side (4), Step R behind L starting to sweep L back (5)
6 Continue sweeping L back as you turn 1/4 L (12:00)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

17-24 R ROCKING CHAIR, 1/8 PIVOT TURN (X2)(STYLE WITH HIP ROLLS)

- 1 - 4 Rock fwd on R (1), Recover back on L (2), Rock R back (3), Recover forward on L (4)
5 - 6 Step R fwd (5), Pivot 1/8 L rolling hips shifting weight to L (6)
7 - 8 Step R fwd (7), Pivot 1/8 L rolling hips shifting weight to L (8) (9:00)
(5-8 feel free to have fun and add your own styling – ex) you could wobble the knees in out as you turn)

25-32 DIAGONAL STEP TOUCH, DIAGONAL FWD STEP TOUCH, ZIGZAGS BACK

- 1 - 2 Step R fwd on Rt diagonal (1), Touch L next to Rt (2)
3 - 4 Step L fwd on L diagonal (3), Touch R next to L (4)
&5&6 Step R diagonally back (&), Touch L next to R (5), Step L diagonally back (&), Touch R next to L (6)
&7&8 Step R diagonally back (&), Touch L next to R (7), Step L diagonally back (&), Touch R next to L (8)
(9:00)

SO GOOD TAG: ("So good, so good lyrics)

(tags happen on all the side walls {3:00, 9:00} + 1 on back wall {6:00} when music is instrumental)

1-8 & TOUCH, BUMP BUMP HOLD (2X)

- &1 Step R to rt side (&), Touch L next to R (1)
2-4 Shift weight to L bumping hips L (2), Shift weight to R bumping hips Rt (3), Hold (4)
&5 L step side (&), Touch R next to L (5)
6-8 Shift weight to R bumping hips Rt (6), Shift weight to L bumping hips L (7), Hold (8)

9-16 V STEP, PRESS, LONG STEP AND DRAG

- 1-2 Step R fwd on rt diagonal (1), Step L fwd on L diagonal (2),
3-4 Step R back to center (3), Step L next to R (4)
*5-6 Press R to rt side (5), Push off and take Large step to L (6)
*7-8 Drag R next to L for 2 counts (7,8)

(* **Ending:** on last tag you will leave out 5-8 and replace with a 3/4 Rt walk around and pose counts, 5,6,7,8,1,2,3, hold 4...pose facing 12:00)