

Sugar Free - (K-Pop Line Dance)

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 1

Ebene: Phrased High Beginner

Choreograf/in: Seok Wai (SG) - September 2018

Musik: Sugar Free - T-ara



Dance Sequence :Intro,B,Tag 1,D,A,Tag 1,C,C,Tag 2,A,Tag 1,C,C,Tag 2,B,C,C,Tag 2

*Specially choreographed for my Golden K-Pop Line Dance Group (PA Senior Academy), my K-Pop Line Dance Group and all the Line Dance Instructors and Line Dancers

Note : Please watch the Choreographer's Video Demo for the Dance Steps And Styling

Intro : 2x8 (16 Counts)

Sways

1-8 Sway : R,L,R,L,R,L,R,L

1-8 Sway : R,L,R,L,R,L,R,L

(Styling : Please watch video demo)

Part B : 6x8 (48 Counts)

Step , Point ,Right Index Finger Point To Left, Right, Forward, Sky (Styling : Swing Arms And Point)

1-8 Step Left , Right Point, Step Right, Left Point ,Step Left , Right Point, Step Right, Left Point

1-8 Step Left , Right Point, Step Right, Left Point ,Step Left , Right Point, Step Right, Left Point

1-8 Step Left , Right Point, Step Right, Left Point ,Step Left , Right Point, Step Right, Left Point

1-8 Step Left , Right Point, Step Right, Left Point ,Step Left , Right Point, Step Right, Left Point

1-8 Right Index Finger Point To Left (1,2),Point To Right (3,4),Point Forward (5,6),Point To The Sky (7,8)

1-8 Right Index Finger Point To Left (1,2),Point To Right (3,4),Point Forward (5,6),Point To The Sky (7,8)

(Styling : Please watch video demo)

Tag 1 : 4 Counts :Right index finger point to the sky and pose 4 counts

Tag 2 : 8 Counts : 1-8 Sway Hips R,L,R,L,R,L,R,L

(Styling : Please watch video demo)

Part D :4x8 (32 Counts)

Disco Freestyle, party with your friends = Team Bonding

Part C : 4x8 (32 Counts)

Sway (Sugar Free MV Dance Move)

1-8 Sway R,L,R,L,R,L,R,L

Sway (Sugar Free MV Dance Move)

1-8 Sway R,L,R,L,R,L,R,L

Walk , Walk , Tap ,Tap , Close, Tap ,Tap, Close

1-8 Walk Right Forward , Walk Left Forward , Tap Right To Side 2x and Close, Tap Left To Side 2x and Close

(Optional : High Beginner : 3-8 : Right Slide Down and Up 2x and Close, Left Slide Down and Up 2x and Close)

Draw U , Back ¼ Right Turn , Forward, Back ¼ Left Turn

1-4 Use Hips To Draw U

5-8 Step Back on Right to make ¼ Right Turn, Step Left Forward, Step back on Right to make ¼ Left Turn, Step Left To Side

(Optional : High Beginner : 5 : step back on Right to make ¼ Right turn and add Left flick)

(Styling : Please watch video demo)

PART A : 8x8 (64 Counts) Main Dance
Hand Movements

1-8 Both Palms Facing Forward (1,2),Place Both Hands On the back of the head(3,4),Bend Elbows Forward and Open (5,6,7,8)

Hand Movements

1-8 Hold Both hands above the head and bring down slowly

Side, Close, Side, Touch, ¼ Left, Hold, Touch, Hold

1-4 Step Right to side, step Left next to Right, step Right to side, touch Left

5-6 ¼ Left step Left forward, hold 1 count

7-8 Touch Right next to Left, hold 1 count

(Optional :High Beginner: 1-4 Rolling Vine and Touch)

Step, ¼ Right, Side , Hold, Cross, Side, Side, Hold

1-4 Step Right forward, step Left to Side and make ¼ Right Turn, Step Right to Side, hold 1 count

5-8 Step Left over Right, Step Right To side, Step Left To Side, hold 1 count

(Optional : High Beginner : 1-4 Step Right Forward,Pivot ¼ Left,Step Right Forward,Hold. 5-6 Step Left Forward,Pivot ½ Right, Step Left Forward,Hold)

Cross, Point, Cross, Point, Cross, Point, Cross, Point

1-4 Step Right over Left, point Left to Left side, step Left over Right, point Right to Right side

5-8 Step Right over Left, point Left to Left side, step Left over Right, point Right to Right side

Back ,Back ,Back,Side,Swing Right Arm

1-4 Step Right back, step Left back, Step Right back, Step Left To Side

5-8 Swing Right Arm Above the head

(Optional : High Beginner: 1-4 Rolling Back Turn)

Jump Close, Hip Roll, Shimmy To Right

1-4 Jump close, roll hip 3 times (Continue To Swing Arm above The Head)

5-8 Shimmy to Right over 4 counts

(Optional: High Beginner: 5n6,7n8 Right Side Rock Close, Left Side Rock Close)

Right Hip Bump x4, Twist RLRL

1-4 Bump hip Right 4 times

5-8 Twist heels R, L, R, L

(Styling : Please watch video demo)

Note :

Dance Sequence : (Keywords)

Intro : 2x8 (Open Can)

B : 6x8 (Swing Arms)

Tag 1 : 4 counts (Point Sky)

D: 4x8 (Disco-FreeStyle-Party With Friends=Team Bonding

A: 8x8 (Main Dance)

Tag 1 : 4 counts (Point Sky)

C : 4x8 (Chorus -Sugar Free)

C: 4x8 (Chorus -Sugar Free)

Tag 2 : 8 counts (Open Can)

A: 8x8 (Main Dance)

Tag 1 : 4 counts (Point Sky)

C : 4x8 (Chorus -Sugar Free)

C: 4x8(Chorus -Sugar Free)

Tag 2 : 8 counts (Open Can)

B : 6x8 (Swing Arms)

C : 4x8 (Chorus -Sugar Free)

C: 4x8(Chorus -Sugar Free)

Tag 2 : 8 counts (Open Can)

Email : tswdancefitnesstrainer@gmail.com

