

# Milk & Sugar

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Dave Morgan (UK) - March 2006

Musik: Let The Sun Shine In - Milk & Sugar



## **SAMBA STEPS FORWARD & BACK, SAMBA STEPS FORWARD & BACK, ¼ TURN RIGHT**

- 1&2 Step forward on right, step ball of left beside right, step right in place  
3&4 Step back on left, step ball of right beside left, step left in place  
5-8 Repeat steps 1-4 making ¼ turn right

## **WALK RIGHT, LEFT ROCK BALL STEP, WALK LEFT, RIGHT ROCK BALL STEP**

- 9-10 Step forward on right, step forward on left  
11&12 Rock forward on right, rock back on to ball of left, step right beside left  
13-14 Step forward on left, step forward on right  
15&16 Rock forward on left, rock back on to ball of right, step left beside right

**On the & count between steps 11&12 and steps 15&16 push hips back as if being hit in stomach**

## **STEP ½ PIVOT, RIGHT SHUFFLE, ROCK RECOVER, COASTER STEP**

- 17-18 Step forward on right, pivot ½ turn left (weight on left)  
19&20 Step forward on right, close left beside right, step forward on right  
21-22 Rock forward on left, recover on to right  
23&24 Step back on left, step right beside left, step forward on left

## **BOTOFOGOS, ROCK RECOVER, CROSS SHUFFLE**

- 25&26 Cross right over left, step ball of left to left side, step right in place  
27&28 Cross left over right, step ball of right to right side, step left in place  
29-30 Rock forward on right, recover onto left  
&31&32 Step right beside left, cross left over right, step right to right side, cross left over right

## **SIDE ROCK, RECOVER, BEHIND ½ SIDE, SAILOR STEP, HITCH BALL STEP**

- 33-34 Rock right to right side, recover on to left  
35&36 Step right behind left, making ½ turn left step forward on left, step right to right side  
37&38 Step left behind right, step right beside left, step left to left side  
39&40 Hitch right knee, step down on ball of right, step left slightly forward

## **STEP BALL STEPS, MAKING FULL TURN, BOTOFOGOS**

- 41& Step right forward, making ¼ turn left, step ball of left in place  
42-44& Repeat steps 41& (3 times) completing full turn left  
45&46 Cross right over left, step ball of left to left side, step right in place  
47&48 Cross left over right, step ball of right to right side, step left in place

**Restart dance here on walls 2 & 4**

## **ROCK & ¼, ROCK & ¼, STEP ½ PIVOT, SHUFFLE**

- 49&50 Rock forward on right, recover on left, make ¼ turn right stepping forward on right  
51&52 Rock forward on left, recover on right, make ¼ turn left stepping forward on left  
53-54 Step forward on right, pivot ½ turn left (weight on left)  
55&56 Step right forward, close left beside right, step right forward

## **ROCK & ¼, ROCK & ½, STEP ½ PIVOT, SHUFFLE**

- 57&58 Rock forward on left, recover on right, make ¼ turn left stepping forward on left  
59&60 Rock forward on right, recover on left, make ½ turn right stepping forward on right  
61-62 Step forward on left, pivot ½ turn right (weight on right)

63&64

Step left forward, close right beside left, step left forward

**REPEAT**

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