

# Black No Sugar

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Sho Botham (UK)

Musik: You Are Never Nice to Me - BR5-49



## TOE STRUTS FORWARD, HEELS AND HIP SWINGS

- 1-4 Toe struts forward right-left-right-left (easier alternative: 4 walks forward)  
5-6 Step right foot to right with hip swing and placing heel down for emphasis, swing hips to left and drop left heel (feet remain apart)  
7-8 Swing hips to right and drop right heel, swing hips to left and drop left heel

## TOE STRUTS BACKWARD, HEELS AND HIP SWINGS

- 1-4 Toe struts backwards right-left-right-left  
5-6 Step right foot to right with hip swing and placing heel down for emphasis, swing hips to left and drop left heel (feet remain apart)  
7-8 Swing hips to right and drop right heel, swing hips to left and drop left heel

## GALLOPS

- 1&2 Step right foot to right, step ball of left foot next to right foot, step right foot to right  
&3&4 Step ball of left foot next to right foot, step right foot to right, repeat ball-change  
5&6 Step left foot to left, step ball of right foot next to left foot, step left foot to left  
&7&8 Step ball of right foot next to left foot, step left foot to left, repeat ball-change

You can add an optional hitch on the "&" after counts 20 and 24

## DOUBLE ROCK, STEP, HITCH AND ¼ TURN RIGHT, SHUFFLE

- 1-2 Rock right foot forward, step left foot in place (recover)  
3-4 Rock back on right foot, step left foot in place (recover)  
5-6 Step right foot forward, turn ¼ to right on ball of right foot and hitch left knee  
7-8 Shuffle forward left-right-left

## REPEAT

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