

# Sugar Free - (K-Pop Line Dance)

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 1

Level: Phrased High Beginner

Choreographer: Seok Wai (SG) - September 2018

Music: 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)

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