

# Sugar Push Twist

Count: 48

Wall: 1

Level: Intermediate

Choreographer: Carol-Jensen

Music: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



## FORWARD, FORWARD, KICK, BACK, TURN

- 1-2 Step right forward, step left forward
- 3-4 Kick right forward, step right straight back (weight on right)
- 5&6  $\frac{1}{4}$  turn left behind right, step right next to left,  $\frac{1}{4}$  turn onto left

## FORWARD, FORWARD, KICK, BACK TURN

- 1-2 Step right forward, step left forward
- 3-4 Kick right forward, step right straight back (weight on right)
- 5&6  $\frac{1}{4}$  turn left behind right, step right next to left,  $\frac{1}{4}$  turn left onto left

## FORWARD, FORWARD, KICK, CROSS, SIDE, TOUCH, BACK, FORWARD, TURN, FORWARD

- 1-2 Step right forward, step left forward
- 3-4 Kick right forward, cross right in front of left
- 5-6 Step left side left, touch right next to left
- &7&8 Back on right, touch left heel forward, step left next to right, touch right next to left
- &9&10 Right behind left into  $\frac{1}{4}$  turn right, touch left heel forward, step left in place, touch right next to left

## FORWARD, KICK, CROSS, SIDE, BACK, FORWARD, TURN, FORWARD

- 1-2 Step forward right, kick forward left
- 3-4 Cross left over right, step right side right
- &5&6 Step left back, touch right heel forward, step right next to left, touch left next to right
- &7&8 Step left behind right into  $\frac{1}{4}$  turn left, touch right heel forward, step right next to left, step left forward

## FORWARD, BACK, TURN, FORWARD, TURN, BACK, SAILOR STEP (TWICE)

- 1-2 Step forward right, step back left
- 3-4 Pivot  $\frac{1}{2}$  turn right onto right, step forward left
- 5-6 Pivot  $\frac{1}{2}$  turn left onto right, step back on left
- 7&8 Cross right behind left, step ball of left foot side left, change weight to right as you step to side right
- 9&10 Cross left behind right, step ball of right foot side right, change weight to left as you step to side left

## HIP BUMPS, HIP BUMPS, FORWARD, FORWARD, TURN, FORWARD

- 1-2 Step right forward into  $\frac{1}{4}$  turn left as you bump hip to right, bump hip right again
- 3-4 Pivot  $\frac{1}{2}$  turn right on ball of right foot stepping onto left as you bump hip left, bump hip left again
- &5-6 Step back on ball of right foot, forward onto left, forward onto right
- 7-8 Pivot  $\frac{1}{4}$  turn left on left (weight to left), touch right next to left

## REPEAT