

# Sugar (蜜糖) (zh)

Compte: 64

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Ingrid Kan (TW) - 2015年12月

Musique: Sugar - Maroon 5

## [1-8] Side Shuffle, Rock Recover, Side Shuffle, Rock Recover

- 1 & 2 Step R to R side, Step L next to R, Step R to R side  
3-4 Rock L back, Recover on R  
5 & 6 Step L to L side, Step R next to L, Step L to L side  
7-8 Rock R back, Recover on L  
1&2 右足側踏, 左足併踏, 右足側踏  
3-4 左足後下沉, 右足回復  
5&6 左足側踏, 右足併踏, 左足側踏  
7-8 右足後下沉, 左足回復

## [9-16] Vine R, Brush L, Vine, Turn 1/4 L Brush R

- 1-2 Step right to right side, cross left behind right  
3-4 Step right to right side, Brush left  
5-6 Step left to left side, cross right behind left  
7-8 Step left to left side, 1/4 Turn to Left Brush right  
1-4 右足側踏, 左足後踏, 右足側踏, 左足擦地  
5-8 左足側踏, 右足後踏, 左轉1/4左足前踏, 右足擦地

## [17-24] Rock Chair, Back Rock Recover, Step Turn 1/2 L

- 1-4 R Cross Rock L Back Recover R Side Rock L Recover  
5-6 R Back Cross Rock L, L Recover  
7-8 Step RF forward, 1/2 Turn left, LF step forward  
1-6 右足前下沉, 左足回復, 右足側下沉, 左足回復, 右足後下沉, 左足回復  
7-8 右足前踏左轉180度

## [25-32] Jazz box with toe strut.

- 1-2 Touch ball of right over left (1), drop right heel to floor taking weight  
3-4 Touch ball of left foot back (3), drop left heel to floor taking weight  
5-6 Touching ball of right foot forward (5), drop right heel to floor taking weight  
7-8 Touch ball of left forward, drop left heel to floor taking weight  
1-4 右足趾前點, 右足踵踏, 左足趾後點, 左足踵踏,  
5-8 右足趾側點, 右足踵踏, 左足趾前點, 左足踵踏

## [33-40] R Side Step, Side Shuffle, L side Step, Side Shuffle

- 1-2 Step Right to right side, Step with right  
3&4 Side Shuffle, right, left, right  
5-6 Step left to left side, step with right  
7&8 Shuffle, left, right, left  
1-2 右足右踏, 左足併踏  
3&4 右足右踏, 左足併踏, 右足右踏  
5-6 左足右踏, 右足併踏  
7&8 左足右踏, 右足併踏, 右足右踏

## [41-48] Pivot 1/4 L x4

- 1-8 R Step turn to L 1/4 (4 times)  
右足右踏左轉90度x4

**[49-56] R Side Step, Hold, L Back Rock Recover, L Side Step, Hold, R Back Rock Recover**

1-2 Step Right to right side, Hold

3-4 L Back Rock Recover

5-6 Step left to left side, Hold

7-8 R Back Rock Recover

右足側踏,停拍,左足後下沉,右足回復

左足側踏,停拍,右足後下沉,左足回復

**[57-64] Pivot 1/4 L x4**

1-8 R Step turn to L 1/4 (4 times)

右足右踏左轉90度x4

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