

Black No Sugar

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Sho Botham (UK)

Musique: 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
