

Sugar

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver / Intermediate
编舞者: Lam Lam (HK) - February 2015
音乐: Sugar - Maroon 5



Intro: start on vocals

Restart : On wall 5, restart after 48 counts. Make a 1/4L, step L beside R on count 48, restart the dance facing 6:00

Ending : On wall 8, end at 16 counts.

(1-8) R side rock, sailor cross, L side rock, sailor cross

1 2 3&4 Rock R to side(1), recover back on L(2), step R behind L(3), step L to side(&), cross R over L (4)
5 6 7&8 Rock L to side(5), recover back on R(6), step L behind R(7), step R to side(&), cross L over R(8) 12:00

(9-16) Toe & Heel switches, pivot 1/2, kick ball change

1&2& Touch R toe to side(1), step R beside L(&), touch L toe to side(2), step L beside R(&)
3&4& Touch R heel fwd(3), step R beside L(&), touch L heel fwd(4), step L beside R(&)
5 6 7&8 Step R fwd(5), pivot 1/2L(6), kick R fwd(7), step R down on ball(&), step L slightly fwd(8) 6:00

(17-24) Side, behind, back, heel & cross X 2

1 2&3&4 Step R to side(1), step L behind R(2), step R slightly back with L heel touch diagonally fwd left(&3), step L in place(&), cross R over L(4)
5 6&7&8 Step L to side(5), step R behind L(6), step L slightly back with R heel touch diagonally fwd right(&7), step R in place(&), cross L over R(8)

(25-32) Mambo fwd on R, mambo back on L, paddle 1/4L X2

1&2 Rock fwd on R(1), recover back on L(&), step back on R(2)
3&4 Rock back on L(3), recover weight fwd on R(&), step L fwd(4)
5 6 7 8 Step R fwd(5), pivot 1/4L(6), step R fwd(7), pivot 1/4L(8)12:00

(33-40) Shuffle fwd, pivot 1/2, X 2

1&2 3 4 Step R fwd(1), step L beside R(&), step R fwd(2), step L fwd(3), pivot 1/2R(4)
5&6 7 8 Step L fwd(5), step R beside L(&), step L fwd(6), step R fwd, (7), pivot 1/2L (7) 12:00

(41-48) 1/4L Hip bumps R L, sway RLR, touch L beside R

1&2 Make a 1/4 turn L step R to side bumping hip to RLR (1&2)
3&4 Step L to side bumping hip LRL (3&4)
5 6 7 8 Sway R, L, R, touch L beside R (5,6,7,8) 9:00

(49-56) Side, behind, chasse 1/4L, Paddle 1/4L, cross shuffle

1 2 3&4 Step L to side(1), step R behind L(2), step L to side(3), step R beside L(&), 1/4L step L fwd (4)6:00
5 6 7&8 Step R fwd(5), pivot 1/4L(6), cross R over L(7), step L to side(&), cross R over L(8) 3:00

(57-64) Step, 1/2L, 1/4L side shuffle, jazz box, cross, touch

1 2 3&4 Step L fwd(1), 1/2L step back on R(2), 1/4L step L to side(3), step R beside L(&), step L to side (4) 6:00
5 6&7 8 Cross R over L(5), step back on L(6), step R to side(&), cross L over R (7), touch R beside L(8) 6:00

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