

Sugar Rush

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Trevor Thornton (USA) - February 2015
音乐: Sugar - Maroon 5 : (Album: V - iTunes - 3:55)



Count In: 16 counts from start of track, dance begins on vocals. Approx 120bpm.

[1 - 8] □ SLIDE BACK R, DRAG L, L BACK-SIDE-CROSS, R SIDE, HOLD, L CLOSE, R SIDE ROCK, ¼ L □

1 2 Step back R (1), drag L towards R (weight remains R) (2) □ 12.00

& 3 4 Step back L (&), step R to right side (3), cross L over R (4) □ 12.00

5 6 Step R to right (5), hold (6), □ 12.00

& 7 8 Step L next to R (&), rock R to right side (7), make ¼ turn left as you recover weight L (8) □ 9.00

Styling □ On counts 5, 6 & 7 - roll shoulders to right, then roll back to left for the ¼ turn □

[9 - 16] □ SIDE POINTS R&L, HOLD (BODY ROLL L), CLOSE R, SIDE L, SWIVEL R TOE-HEEL-TOE, HITCH R, FWD R □

1 & 2 Touch R to right side (1), step R next to L (&), Touch L to left side (2) □ 9.00

3 & 4 Hold & transfer weight to L (style this by doing body roll left) (3), step R next to L (&), step L to left (4) □ 9.00

5 & 6 Swivel R toe in towards L (5), swivel R heel in towards L (&), swivel R toe in towards L (6) □ 9.00

7 8 Hitch R knee (7), step forward R (8) □ 9.00

[17 - 24] □ WALK FWD L-R, L BALL SIDE-ROCK, L CROSS, R SIDE, ¼ TURN L X 3 (BOX SQUARE) □

1 2 Step forward L (1), step forward R (2) □ 9.00

& 3 4 Rock ball of L to left side (&), recover weight R (3), cross L over R (4) □ 9.00

5 6 Step R to right side (5), make ¼ turn left stepping L to left side (6) □ 6.00

7 8 Make ¼ turn left stepping R to right side (7), make ¼ turn left stepping L to left side (8) □ 12.00

Styling □ Counts 5 - 8 makes a square shape on the floor - do this smooth by sliding each foot in before taking next step. □

[25 - 32] □ R CROSS, L POINT, L CROSS, R POINT, POINT R FWD-SIDE, R COASTER □

1 2 3 4 Cross R over L (1), touch L to left side (2), cross L over R (3), touch R to right side (4) □ 12.00

5 6 7 & 8 Touch R forward (5), touch R to right side (6), step back R (7), step L next to R (&), step forward R (8) □ 12.00

[33 - 40] □ WALK L-R, OUT-OUT-IN, R FWD, L FWD, ¼ R, L CROSS, R TAP-PRESS R □

1 2 & 3 Step forward L (1), step forward R (2), step L to left side (&) step R to right side (3), □ 12.00

& 4 5 6 Step L to center (&), step forward R (4), step forward L (5), make ¼ turn right (6) □ 3.00

7 & 8 Cross L over R (7), tap R to inside of L (&) press forward on R & angle body to right diagonal (8) □ 4.30

[41 - 48] □ HEEL TAPS X2, R KICK, R COASTER, ½ TURN R, 1/2 TURN R, HOLD, L BALL, R STEP - ON DIAGONAL □

1 & 2 Tap R heel in place (lift R heel & drop down) (1), tap R heel in place (&), kick R forward (2) □ 4.30

3 & 4 Step back on R (3), Step together with L (&), step fwd on R (4) □ 4:30

5 6 ½ turn to the right stepping back onto L (5), ½ turn right onto R (6) □ 4:30

7 & 8 Hold (7), Step L next to R (&), step fwd R (8) □ 4:30

Styling □ Counts & 8 Body roll forward chest to feet into your fwd step with R (8) □

[49-56] □ ROCK, RECOVER, BACK LOCK, SWEEP, ROCK/HITCH, RECOVER, 3/8 TURN SWEEP,

COASTER□

- 1 2 Rock fwd on L (1), Recover weight onto R (2)□4:30
3 & 4 Step back on L (3), Lock R over L (&), recover L while sweeping R front to back (4)□4:30
5 & 6 Rock back on R hitching L knee (5), recover L stepping fwd (&), Step back R sweeping L
 front to back as you turn 3/8 to L (6)□12:00
7 & 8 Step back L (7), Step R next L (&), Step fwd L (8)□12:00

[57-64]□MAMBO, POINT BACK, ¼ TURN L, CROSSING SCHUFFLE, ¼ TURN LEFT, HITCH□

- 1 & 2 Rock fwd R (1), recover onto L (&), Step back on R (2)□12:00
3 4 Point L toe back (3), ¼ turn L taking weight on L (4)□3:00
5 & 6 Cross R over L (5), Step L to L side (&), Cross R over L (6)□3:00
7 8 ¼ turn L stepping L fwd (7), Hitch R knee up (8)□6:00

Styling□3 4, point and body roll L making ¼ turn L, 5 & 6 use shoulders during crossing schuffle □

Revised March 11, 2015
