

Sugar

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wendy Loh (MY) - April 2015
音乐: Sugar - Maroon 5



Dance starts after 2x8 counts, at song lyrics

Section 1 : Right Mambo, Left Mambo, Touch, Low kick, Touch, Touch

1&2 Rock RF to right, Recover on LF, Step RF beside LF
3&4 Rock LF to left, Recover on RF, Step LF beside RF
5,6 Touch RF to right, Low Kick RF forward
7,8 Touch RF to right, Touch RF beside LF (12:00)

Section 2 : Step, Together, Step, Touch, ¼ L Step, Brush, Step, ½ L Forward

1,2 Step RF to right, Step LF together
3,4 Step RF to right, Touch LF behind RF
5,6 Turn ¼ L & Step LF forward, Brush RF beside LF (9:00)
7,8 Step RF forward, Pivot Turn ½ L with weight on RF and touch LF in place (3:00)

Section 3 : Step, Touch, Hitch, Cross, Touch, Cross, ¼ L Step, ¼ L Step, Step Forward

1,2 Step LF down, Touch RF to right
&3,4 Hitch R knee, Cross RF over LF, Touch LF to side
5,6 Cross LF over RF, Turn ¼ L & Step RF back
7,8 Turn ¼ L & Step RF forward, Step RF forward (9:00)

Section 4 : Side, Hold, Together, Side, Hold, Forward, Pivot ½ L, Step, Forward Cha Cha

1,2 Step LF to left, Hold
&3,4 Ball Step RF beside LF, Step LF to side, Hold
5,6 Turn ¼ L & Step RF forward, Pivot Turn ½ L weight on LF (12:00)
7&8 Forward Cha Cha RF, LF, RF

Section 5 : Step, Hitch, Out, Out, Hip Sway

1,2 Step LF forward, Hitch R knee
3,4 Step RF to right, Step LF to side
5678 Hip Sway R,L,R,L (Or Free Style) (12:00)

Section 6 : Cross, Side, Sailor Step, Cross, Side, ½ L Sailor Step

1,2 Cross RF over LF, Step LF to side
3&4 Cross RF behind LF, Step LF together, Step RF to side
5,6 Cross LF over RF, Step RF to side
7& Turn ¼ L & Step LF back, Turn ¼ L & Step RF together
8 Turn ¼ L & Step LF forward (6:00)

Section 7 : Kick, Ball Step, Rock Back, Recover, Kick, Ball Step, Rock Back, Recover, Rock Forward, Recover, ½ R Forward Cha Cha

1& Kick RF forward, Step RF beside LF
2& Rock LF back, Recover on RF
3& Kick LF forward, Step LF beside RF
4& Rock RF back, Recover on LF
5,6 Rock RF forward, Recover on LF
7&8 Turn ½ R & Forward Cha Cha RF, LF, RF (12:00)

Section 8 : Kick, Ball Step, Rock Back, Recover, Kick, Ball Step, Rock Back, Recover, Rock Forward,

Recover, ½ R Forward Cha Cha

- 1& Kick LF forward, Step LF beside RF
 - 2& Rock RF back, Recover on LF
 - 3& Kick RF forward, Step RF beside LF
 - 4& Rock LF back, Recover on RF
 - 5,6 Rock LF forward, Recover on RF
 - 7&8 Turn ½ L & Forward Cha Cha LF, RF, LF (6:00)
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