

# Sugar

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Teri Rogers (USA) - October 2015  
音乐: Sugar - Maroon 5



## Start dancing on lyrics

### Step Kick Forward, Step touch back x 2

1-2            Step on R, Kick L forward  
3-4            Step back on L, Touch R Back  
5-6            Step on R, Kick L forward  
7-8            Step back on L, Step R next to L

### Twist heels, toes, heels, clap, Twist heels, toes, heels, clap

1-2            Twist heels right, toes right,  
3-4            Twist heels to center, clap  
5-6            Twist heels left, toes Left  
7-8            Twist heels to center, clap

### Rock side Recover Cross hold, Rock turn ¼ Right, Step Forward, Hold

1-2            Rock R to right side, recover L  
3-4            Cross R over L, hold  
5-6            Rock L to left side, turn 1/4 right and step forward on R  
7-8            Step L next to R, hold

### SIDE SWITCHES, CLAP TWICE, HEEL SWITCHES FORWARD, HEEL-BALL CHANGE

1 & 2 &        Touch right side, step right together □ Touch left side, step left together  
3 & 4            Touch right side, clap, clap  
5 & 6 &        Touch right heel forward, step right together, Touch left heel forward, step left together  
7 & 8            Touch right heel forward, Step on ball of right, change weight to left

## Start Again - Happy Dancing

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