

Sugar

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Ingrid Kan (TW) - December 2015
音乐: Sugar - Maroon 5



[1-8] Side Shuffle, Rock Recover, Side Shuffle, Rock Recover

1 & 2 Step R to R side, Step L next to R, Step R to R side
3-4 Rock L back, Recover on R
5 & 6 Step L to L side, Step R next to L, Step L to L side
7-8 Rock R back, Recover on L

[9-16] Vine R, Brush L, Vine, Turn 1/4 L Brush R

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, Brush left
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, 1/4 Turn to Left Brush right

[17-24] Rock Chair, Back Rock Recover, Step Turn 1/2 L

1-4 R Cross Rock L Back Recover R Side Rock L Recover
5-6 R Back Cross Rock L, L Recover
7-8 Step RF forward, 1/2 Turn left, LF step forward

[25-32] Jazz box with toe strut.

1-2 Touch ball of right over left (1), drop right heel to floor taking weight
3-4 Touch ball of left foot back (3), drop left heel to floor taking weight
5-6 Touching ball of right foot forward (5), drop right heel to floor taking weight
7-8 Touch ball of left forward, drop left heel to floor taking weight

[33-40] R Side Step, Side Shuffle, L side Step, Side Shuffle

1-2 Step Right to right side, Step with right
3&4 Side Shuffle, right, left, right
5-6 Step left to left side, step with right
7&8 Shuffle, left, right, left

[41-48] Pivot 1/4 L x4

1-8 R Step turn to L 1/4 (4 times)

[49-56] R Side Step, Hold, L Back Rock Recover, L Side Step, Hold, R Back Rock Recover

1-2 Step Right to right side, Hold
3-4 L Back Rock Recover
5-6 Step left to left side, Hold
7-8 R Back Rock Recover

[57-64] Pivot 1/4 L x4

1-8 R Step turn to L 1/4 (4 times)

Contact: Website: <http://blog.xuite.net/dgtea1985936/twblog>