

Sugar, Sugar (蜜糖) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Doug Miranda (USA)
音乐: Sugar Sugar - The Archies



- 第一段** **Right Shuffle Forward; Rock Forward Left, Recover; Left Shuffle Back; Rock Right Back, Recover**
前交换, 下沉 回復, 後交换, 後下沉 回復
- 1&2 Step right forward, step left next to right, step right forward
右足前踏, 左足併踏, 右足前踏 (右足前交换)
- 3-4 Rock Forward On Left, Rock Back On Right
左足前下沉, 右足回復
- 8&5&6 Step Left Back, Step Right Next To Left, Step Left Back
左足後踏, 右足併踏, 左足後踏 (左足後交换)
- 7-8 Rock Back On Right, Recover Forward On Left
右足後下沉, 左足回復
- 第二段** **Right Shuffle Forward; ½ Turn Right; Left Shuffle Forward, Full Turn Left** 前交换, 踏 轉, 前交换,
轉 轉
- 1&2 Step Right Forward, Step Left Next To Right, Step Right Forward
右足前踏, 左足併踏, 右足前踏 (右足前交换)
- 3-4 Step Forward On Left, Turn ½ Turn To Right Bringing Weight Forward On Right 左足前踏, 右軸
轉180度
- 5&6 Step Left Forward, Step Right Next To Left, Step Left Forward
左足前踏, 右足併踏, 左足前踏 (左足前交换)
- 7-8 Turn ½ Left While Stepping Backward On Right, Turn ½ Left While Stepping Forward On Left
(You Will Be Moving Forward On This Full Turn)
左轉180度右足後踏, 左轉180度左足前踏(往前移)
- 第三段** **Right Rock Forward Recover Left; Back Right Coaster Step; Two ½ Pivots Turning Right** 下沉 回
復, 海岸步, 踏 轉2次
- 1-2 Rock Forward On Right, Recover Back On Left 右足前下沉, 左足回復
- 3&4 Step Back On Right, Step Left Next To Right, Step Forward On Right
右足後踏, 左足併踏, 右足前踏
- 5-6 Step Forward On Left, Pivot ½ To Right 左足前踏, 右軸轉180度
- 7-8 Step Forward On Left, Pivot ½ To Right (You Will Be Facing 6:00 Wall)
左足前踏, 右軸轉180度 (面向6點鐘)
- 第四段** **Side Left Hold, Side Left Hold; ¼ Turn Left Hip Sways**
側 候, 併 側 候, 左轉1/4搖臀
- 1-2 Step Left To Left Side, Hold And Clap (Weight On Left)
左足左踏, 候(拍手) (重心移至左足)
- 8&3-4 Step Right Next To Left, Step Left To Left Side, Hold And Clap (Weight Is On Left) 右足併踏, 左
足左踏, 候(拍手) (重心移至左足)
- 5-8 Step Right ¼ Turn Left As You Bump Or Sway Hips Forward, Back, Forward, Back (Weight Ends
On Left Foot)
左轉90度右足踏前推臀, 後推臀, 前推臀, 後推臀 (重心移至左足)