

# 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 )
-