

Sugar

拍数: 128 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Marie Hani (INA) - March 2021
音乐: O.V.E.R - SURAN : (Soudtrack film Cheat Me If You Can)



Seq : A, B, C, D, A, B, C, B, tag, C, D, D

Part A

Section 1. Side RF to R, Chasse R, Syncopated weave R, Mambo side

1, 2 Side RF to R, LF next to R
3&4 Side RF to R, LF next to R, Side RF to R
5&6& Cross LF over R, Side RF to R, Cross LF behind R, Side RF to R
7&8 Cross LF over R, Side RF to R, Step LF in Place

Section 2. Forward R & L Point, Step Back R Point , Cross LF behind R w/ Sweep, Step RF next to L

1 - 4 Forward RF, Point LF to L, Forward LF , Point RF to R,
5 - 8 Step back RF , Point LF to L, Cross LF behind R with Sweep, Step back RF next to L

Section 3. Side LF to L, Chasse L, syncopated weave L, Mambo side

1, 2 Side LF to L, RF next to L
3&4 Side LF to L, RF next to L, Side LF to L
5&6&7&8 Cross RF over L, Side LF to L, Cross RF behind L, Side LF to L, Cross RF over L, Side LF to L, Step RF in Place

Section 4. Forward L & R Point, Step Back L Point, Cross RF behind L w/ Sweep, Step LF next to R

1 - 4 Forward LF, Point RF to R, Forward RF , Point LF to L,
5 - 8 Step Back LF, Point RF to R, Cross RF Behind L with Sweep, Step Back LF next to R

PART B

Section 1. Step Lock diagonal R, Suffle R, Step Lock Diagonal L, Suffle

1 , 2 Step RF forward diagonal R, Step LF Behind R,
3&4 Step RF forward, step LF behind R, Step RF Forward
5, 6 Step LF forward diagonal L, Step RF Behind L
7&8 Step LF forward, step RF behind L, Step LF Forward

Section 2. Rock, Chasse turn ½ R (6.00), Rock, Coaster Step

1, 2 Rock RF Forward, Recover to L
3&4 Turn RF ¼ R facing 3.00, Step LF next to R, Turn RF ¼ R facing 6.00
5, 6 Rock LF Forward, Recover to R
7&8 Step LF back, Step RF back next to L, Step LF Forward

Section 3. Step R, Suffle Forward, Step L, Suffle Forward

1, 2 Side RF to R, Step LF next to R
3&4 Step RF Forward, Step LF behind R, Step RF Forward
5, 6 Step LF to L, Step RF next to L
7&8 Step LF Forward, Step RF behind L, Step LF Forward

Section 4. Chasse R turn ¼ L (3.00), Chasse L turn ¼ L (12.00), Chasse R turn ¼ L(9.00), Chasse L

1&2 Side RF to R, LF next to R, Side RF to R turn ¼ L facing 3.00
3&4 Side LF to L, RF next to L, Side LF turn ¼ L facing 12.00
5&6 Side RF to R, LF next to R, Side RF to R turn ¼ L facing 9.00
7&8 LF to L, RF next to L, Side LF to L

PART C

Section 1. Basic Suffle(Rock, Recover, Back Suffle, Rock, Recover, Forward Suffle)

- 1,2 Rock RF forward, Recover to L
- 3&4 Step RF behind, Step Back LF next R, Step back RF
- 5, 6 Step LF Back, Recover to R
- 7&8 Step LF Forward, Step RF behind L, Step LF Forward

Section 2. 2x Cross Samba L & R, Rock, Chasse turn R ½ facing 3.00

- 1&2 Cross RF over L, Step LF to L, Recover RF to R
- 3&4 Cross LF over R, Step RF to R, Recover LF to L
- 5,6 Rock RF Forward, Recover to L
- 7&8 Turn RF ¼ R, Step LF next to R, Turn RF ¼ R facing 3.00

Section 3. Side L, Recover, Weave, Side R, Recover, Cross Suffle

- 1, 2 Side LF to L, Recover to R
- 3&4 Cross LF behind R, Step RF side R, Cross LF Over R
- 5, 6 Side RF to R, Recover to L
- 7&8 Cross RF over L, Step LF on R Side, Cross RF over L

Section 4. Rock, Recover, Chasse turn ¼ L facing 12.00, Jazz Box

- 1, 2 Rock LF Forward, Recover to R
- 3&4 Step LF ¼ to L facing 12.00, Step RF next to L, Step LF to L
- 5 - 8 Cross RF over L, Step back LF behind R, Step RF side R, Step LF Forward

PART D

Section 1. Swivel R, Swivel L

- 1,2& Step RF Diagonally Fwd R (Facing 10.30), Swivel LF heel to R, Swivel LF toes to R,
- 3,4 Swivel LF heel to R, Hitch LF knee
- 5, 6& Step LF Diagonally Fwd L (facing 01.30), Swivel RF heel to L, Swivel RF toes to L,
- 7,8 Swivel RF heel to L, Hitch RF knee

Section 2. 2x Side R & L with Shoulder Shimmys

- 1, 2, 3, 4 Step RF side, Point LF to L with shimmys, Step LF side, Point RF to R with Shimmys
- 5, 6, 7, 8 Step RF side, Point LF to L with shimmys, Step LF side, Point RF to R with Shimmys

Section 3. V Step R & L

- 1, 2, Step RF diagonal R (facing 10.30), Step LF next to R,
- 3&4 Step RF Side R, Step LF next to R, Step RF side R
- 5, 6, Step LF diagonal L(facing 1.30), step RF next to L
- 7&8, Step LF Side L, Step RF next to L, Step LF side L

Section 4. Toe Strut, 2x Paddle L ¼

- 1&2 Touch R Toes Fwd bumping hips fwd, Bump hips back, Step on RF
- 3&4 Touch L toes fwd bumping hips fwd, Bump hips back, Step on LF
- 5 - 8 Step RF fwd, turn ¼ L (hip roll), step RF fwd R, turn ¼ L (hip roll)

Tag - Jazz Box, Facing 3.00, on wall 2, ending second Part of B

- 1 - 4 Cross RF over L, LF behind L, Step Side RF to R, LF forward R

Enjoy dancing n stay healthy. Thank You...

Last Update - 9 March 2021
