

Sugar Me

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Jannie Elam (USA) & Diana Smith (USA) - October 2024
音乐: Pour Some Sugar On Me - Def Leppard



***3 Tags

Use the 4:27/4:28 version of the song. Dance begins on the lyrics "hit me like a bomb", 16 counts from when the music begins.

Section 1: Toe Heel Stomps, Stomp, Hitch with Knee Slap, Side Shuffle

- 1&2 Right Toe Heel Stomp (Touch R toe beside L with knee pointing toward L, Touch R heel forward with toe pointing outward, Stomp R next to L)
- 3&4 Left Toe Heel Stomp (Touch L toe beside R with knee pointing toward R, Touch L heel forward with toe pointing outward, Stomp L next to R)
- 5-6 Stomp R foot, Hitch R knee up to slap with L hand
- 7&8 Shuffle to the right (R, L, R)

Section 2: Toe Heel Stomps, Stomp, Hitch with Knee Slap, Side Shuffle

- 1&2 Left Toe Heel Stomp (Touch L toe beside R with knee pointing toward R, Touch L heel forward with toe pointing outward, Stomp L next to R)
- 3&4 Right Toe Heel Stomp (Touch R toe beside L with knee pointing toward L, Touch R heel forward with toe pointing outward, Stomp R next to L)
- 5-6 Stomp L foot, Hitch L knee up to slap with R hand
- 7&8 Shuffle to the left (L, R, L)

Section 3: Divided V Step with Hip Rolls

- 1-2 Step R forward and out, Step L forward and out
- 3-4 Roll hips for two counts
- 5-6 Step R back and in, Step L back and in
- 7-8 Roll hips for two counts

Section 4: Skates, Heel Swivels

- 1-2 Slide R forward to the right diagonal (take weight), Slide L forward to the left diagonal (take weight)
- 3&4 Step or slide R slightly forward, Swivel both heels to the right and back to center
- 5-6 Slide R back to the right diagonal (take weight), Slide L back to the left diagonal (take weight)
- 7&8 Step or slide R slightly back, Swivel both heels to the right and back to center

Section 5: Shuffle Forward, Rock, Recover, Full Turn, Shuffle Back

- 1&2 Shuffle forward (R, L, R)
- 3-4 Rock forward on L, Recover on R
- 5-6 Full Turn (Turn 1/2 over left shoulder, Turn 1/2 over left shoulder)
- 7&8 Shuffle back (L, R, L)

Section 6: Back Steps with Touches, Sailor Steps

- 1-2 Step R back, Touch L slightly in front of R
- 3-4 Step L back, Touch R slightly in front of L

Styling Option: On 2, bump L hip forward. On 4, bump R hip forward

- 5&6 Right Sailor Step (Cross R behind L, Step L to left side, Step R beside L)
- 7&8 Left 1/4 Turn Sailor Step (Cross L behind R as you turn a 1/4 to the left, Step R to right side, step L beside R)

*****3 Tags**

After Wall 1 (you'll be facing 9:00)

After Wall 3 (you'll be facing 3:00)

After Wall 5 (you'll be facing 9:00)

Tags all happen during the parts of the song where it says "take a bottle, shake it up, break the bubble, break it up".

Tag Section 1: Arms, Hip Rolls

- 1-2 Point R arm straight forward, Point L arm straight forward
- 3-4 Place R hand behind head, Place L hand behind head
- 5-8 Roll hips for four counts (lower arms after hip rolls)

Tag Section 2: Kicks and Forward Hip Rolls

- 1-2 Kick R forward, Step R in place or ahead of L
- 3-4 Bend at the knees to roll hips from back to front (taking weight on R)
- 5-6 Kick L forward, Step L in place or ahead of R
- 7-8 Bend at the knees to roll hips from back to front (taking weight on L)

Option to Finish Dance on Front Wall

On Wall 7 Facing 6:00:

Section 1:

- 1&2 Right Toe Heel Stomp (Touch R toe beside L with knee pointing toward L, Touch R heel forward with toe pointing outward, Stomp R next to L)
- 3&4 Left Toe Heel Stomp (Touch L toe beside R with knee pointing toward R, Touch L heel forward with toe pointing outward, Stomp L next to R)
- 5-6 Stomp R foot, Hitch R knee up to slap with L hand
- 7-8 Stomp R foot in place, Hitch L knee up to slap with R hand

Section 2:

- 1&2 Side shuffle to the left (L, R, L)
- 3&4 Turn 1/4 to the left while side shuffling to the right (R, L, R)
- 5& Stomp L foot 1/4 to the left while punching L fist forward (5), Stomp R foot next to L while punching R fist forward (&)

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