

# Milk & Sugar

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Dave Morgan (UK) - March 2006  
音乐: Let The Sun Shine In - Milk & Sugar



## **SAMBA STEPS FORWARD & BACK, SAMBA STEPS FORWARD & BACK, ¼ TURN RIGHT**

1&2      Step forward on right, step ball of left beside right, step right in place  
3&4      Step back on left, step ball of right beside left, step left in place  
5-8      Repeat steps 1-4 making ¼ turn right

## **WALK RIGHT, LEFT ROCK BALL STEP, WALK LEFT, RIGHT ROCK BALL STEP**

9-10      Step forward on right, step forward on left  
11&12      Rock forward on right, rock back on to ball of left, step right beside left  
13-14      Step forward on left, step forward on right  
15&16      Rock forward on left, rock back on to ball of right, step left beside right

**On the & count between steps 11&12 and steps 15&16 push hips back as if being hit in stomach**

## **STEP ½ PIVOT, RIGHT SHUFFLE, ROCK RECOVER, COASTER STEP**

17-18      Step forward on right, pivot ½ turn left (weight on left)  
19&20      Step forward on right, close left beside right, step forward on right  
21-22      Rock forward on left, recover on to right  
23&24      Step back on left, step right beside left, step forward on left

## **BOTOFOGOS, ROCK RECOVER, CROSS SHUFFLE**

25&26      Cross right over left, step ball of left to left side, step right in place  
27&28      Cross left over right, step ball of right to right side, step left in place  
29-30      Rock forward on right, recover onto left  
&31&32      Step right beside left, cross left over right, step right to right side, cross left over right

## **SIDE ROCK, RECOVER, BEHIND ½ SIDE, SAILOR STEP, HITCH BALL STEP**

33-34      Rock right to right side, recover on to left  
35&36      Step right behind left, making ½ turn left step forward on left, step right to right side  
37&38      Step left behind right, step right beside left, step left to left side  
39&40      Hitch right knee, step down on ball of right, step left slightly forward

## **STEP BALL STEPS, MAKING FULL TURN, BOTOFOGOS**

41&      Step right forward, making ¼ turn left, step ball of left in place  
42-44&      Repeat steps 41& (3 times) completing full turn left  
45&46      Cross right over left, step ball of left to left side, step right in place  
47&48      Cross left over right, step ball of right to right side, step left in place

**Restart dance here on walls 2 & 4**

## **ROCK & ¼, ROCK & ¼, STEP ½ PIVOT, SHUFFLE**

49&50      Rock forward on right, recover on left, make ¼ turn right stepping forward on right  
51&52      Rock forward on left, recover on right, make ¼ turn left stepping forward on left  
53-54      Step forward on right, pivot ½ turn left (weight on left)  
55&56      Step right forward, close left beside right, step right forward

## **ROCK & ¼, ROCK & ½, STEP ½ PIVOT, SHUFFLE**

57&58      Rock forward on left, recover on right, make ¼ turn left stepping forward on left  
59&60      Rock forward on right, recover on left, make ½ turn right stepping forward on right  
61-62      Step forward on left, pivot ½ turn right (weight on right)

63&64

Step left forward, close right beside left, step left forward

**REPEAT**

---