

# Sugar Push Twist

拍数: 48      墙数: 1      级数: Intermediate  
编舞者: Carol-Jensen  
音乐: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



## FORWARD, FORWARD, KICK, BACK, TURN

1-2            Step right forward, step left forward  
3-4            Kick right forward, step right straight back (weight on right)  
5&6            ¼ turn left behind right, step right next to left, ¼ turn onto left

## FORWARD, FORWARD, KICK, BACK TURN

1-2            Step right forward, step left forward  
3-4            Kick right forward, step right straight back (weight on right)  
5&6            ¼ turn left behind right, step right next to left, ¼ turn left onto left

## FORWARD, FORWARD, KICK, CROSS, SIDE, TOUCH, BACK, FORWARD, TURN, FORWARD

1-2            Step right forward, step left forward  
3-4            Kick right forward, cross right in front of left  
5-6            Step left side left, touch right next to left  
&7&8          Back on right, touch left heel forward, step left next to right, touch right next to left  
&9&10        Right behind left into ¼ turn right, touch left heel forward, step left in place, touch right next to left

## FORWARD, KICK, CROSS, SIDE, BACK, FORWARD, TURN, FORWARD

1-2            Step forward right, kick forward left  
3-4            Cross left over right, step right side right  
&5&6          Step left back, touch right heel forward, step right next to left, touch left next to right  
&7&8          Step left behind right into ¼ turn left, touch right heel forward, step right next to left, step left forward

## FORWARD, BACK, TURN, FORWARD, TURN, BACK, SAILOR STEP (TWICE)

1-2            Step forward right, step back left  
3-4            Pivot ½ turn right onto right, step forward left  
5-6            Pivot ½ turn left onto right, step back on left  
7&8            Cross right behind left, step ball of left foot side left, change weight to right as you step to side right  
9&10          Cross left behind right, step ball of right foot side right, change weight to left as you step to side left

## HIP BUMPS, HIP BUMPS, FORWARD, FORWARD, TURN, FORWARD

1-2            Step right forward into ¼ turn left as you bump hip to right, bump hip right again  
3-4            Pivot ½ turn right on ball of right foot stepping onto left as you bump hip left, bump hip left again  
&5-6          Step back on ball of right foot, forward onto left, forward onto right  
7-8            Pivot ¼ turn left on left (weight to left), touch right next to left

## REPEAT