

Spoon Full of Sugar

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Amy Glass (USA) - November 2010
音乐: Stuck Like Glue - Sugarland



Starts on vocals, (24 count intro)

Pattern:

ABACC

ABACC

AA (restart after 24 counts)

AA

CCC

(You can hear it in the music!)

A

SHUFFLE FORWARD RIGHT. HEEL HOOK HEEL, STEP TOGETHER LEFT. HEEL SWITCHES RIGHT, LEFT, RIGHT, LEFT

1&2 Shuffle forward (right, left, right)

3&4& Present left heel forward, hook it in front of the right, present left heel forward, step together

5&6&7&8& Touch right heel forward, step together, left heel forward, step together (x2)

FORWARD SHUFFLE RIGHT, ¼ TURN LEFT SHUFFLE FORWARD, ½ TURN RIGHT MONTEREY, HEEL HOOK, HEEL, TOUCH RIGHT NEXT TO LEFT

1&2 Shuffle forward right left right

3&4 ¼ turn left with a forward shuffle (left right left)

5&6& Point side right, turn ½ right & step together. Point side left, step together (weight left)

7&8& Touch right heel forward, hook right foot in front of left, touch right heel forward, touch right next to left.

ROCK AND TURN ¼ RIGHT, CROSS LEFT OVER RIGHT, WEAVE RIGHT, ¼ TURN RIGHT LOCK STEP, ½ TURN RIGHT

1&2& Rock forward right, recover, turn ¼ right while stepping side right, cross left over right

3&4& Step side right, behind left, side right, cross left

5&6 Turn ¼ right while doing a right lock step (right, left, right)

7&8 Step forward left, turn ½ right, stepping together with the right foot, step forward left.

WALK FORWARD RIGHT, LEFT. RIGHT MAMBO FORWARD. WALK BACK LEFT, RIGHT. BACK COASTER

1,2 Walk forward right, left

3&4 Right mambo (step forward right, back left, together right)

5,6 Walk back left, right

7&8 Back coaster step (left, right, left)

**** Option: Full turn left during the walks forward (1,2) and full turn right during the walks back (5,6)**

B

STEP SIDE RIGHT, ROCK BACK LEFT, STEP SIDE LEFT, ROCK BACK RIGHT. ¾ TURN RIGHT (RIGHT, LEFT, RIGHT LEFT)

1,2& Step side right, rock back left, recover

3,4& Step side left, rock back right, recover

5 Step forward right while turning ¼ right.

6 Step forward left

7 Pivot ½ right, putting weight on right foot

8 Step forward left

C
STEP RIGHT. SWIVEL HEELS OUT THEN IN X2, WEAVE LEFT, STEP LEFT. HEEL/TOE SWIVELS RIGHT, LEFT. WEAVE RIGHT.

- 1 Step right together.
- &a e& Heels out then in (as though clicking heels together) x2 [The heels out then in happen on the lyrics, “whoa oh, whoa oh”. Counting this section is extremely difficult. Heels should be out on “whoa”, heels clicking together on “oh”, back out on “whoa” and back together on the final “oh”.] Make sure that weight is slightly on the left foot when finishing these heel clicks.
- 3&4 Weave left (stepping right behind left, side left, cross right in front of left)
- a Step side left.
- 5&6& Heel swivels (swivel with toes pointed right on both feet—weight on right heel and left toes), recover weight to center, then reverse and point toes left, recover to center
- 7&8 Weave right (step left behind right, side right, cross left in front of right)
- ** Option for 7&8 any type of heel/toe swivels to the right but make sure that weight ends on left foot to begin the dance with a shuffle forward right.**

Ending:

C x3 On the third time through, instead of weaving right (7&8), do a ½ turn sailor left to the front wall.

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