

Sugar

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Amy Christian (USA) - January 2012
音乐: Sugar Sugar - The Archies



WALK, WALK, WALK, KICK, BACK, BACK, BACK, TOUCH,

1-3 Walk forward, R, L, R,
4 Kick L foot forward and low.
5-8 Walk backwards, L,R,L, Touch R next to L,

STEP, TOUCH X 4 WITH CLAPS,

1-4 Step R to right side, Touch L next to R & clap, Step L to left side, Touch R next to L & clap,
5-8 Repeat steps 1-4,

FULL TURN, WAVING HANDS,

1-8 Make a 1/4 turn right stepping R foot to right side, Step L next to R,

(Repeat another 3 times),

Or.. just have them stomp R, L, R, L, turning right, for 8 counts, 'til they come back to the front. :)

[Option – Make it a 2 Wall Dance by turning only a ½ turn, on this eight.]

OUT, OUT, IN, IN, HIP BUMPS

1-4 Step R foot R side, Step L foot to L side, Step R foot in, Step L foot next to R foot,
5-6 Hip bump R, R hand up(5)Hip bump L, L hand up (6),
7-8 Hip bump R, R hand down (7),Hip bump L, L hand down(8),

Begin again!

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