

# 5 Sugars Please

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Sandra Burns (SCO) - March 2015  
音樂: Sugar - Maroon 5



## #16 count intro

### S1: Kick Ball Point x 2, Right Shuffle Forward, Left Shuffle Forward

- 1 & 2      Kick right forward. Step R beside L. Point L to L side.
- 3 & 4      Kick left forward. Step L beside R. Point R to R side.
- 5 & 6      Step forward right. Close left beside right. Step forward right.
- 7 & 8      Step forward left. Close right beside left. Step forward left.

### S2: Rock Forward, Full Turn Right, ½ Turn R Shuffle, Step Pivot ¼ R

- 1 - 2      Rock forward right. Recover weight left.
  - 3 - 4      Make ½ turn right stepping forward right. Make ½ turn right stepping back left.
  - 5 & 6      Make ½ turn right stepping forward right. Step left next to right. Step forward right. (6)
- Alternative for Steps 3 - 6: Make ½ turn right stepping forward right. Step forward left. Right shuffle forward RLR.**
- 7 - 8      Step L forward. Pivot 1/4 turn right. (9)

### S3: Cross, Side, Sailor Step, Cross, Side, Right Sailor ¼ Turn Right

- 1 - 2      Cross left over right. Step right to R side.
- 3 & 4      Step left behind right. Step right to right side. Step left to left side.
- 5 - 6      Cross right over left. Step left to L side
- 7 & 8      Step right behind left. ¼ turn right stepping left to left side. Step right to right side. (12)

### S4: Side Rock, Step, Side Rock, Step, Rock Forward, ¾ Turn L Shuffle

- 1 & 2      Rock left to left side. Recover onto right. Step left forward.
- 3 & 4      Rock right to right side. Recover onto left. Step right forward.
- 5 - 6      Rock forward left. Recover weight right.
- 7 & 8      3/4 turn left shuffle stepping left right left. (3)

### S5: Point, Point, Sailor Step x 2

- 1 - 2      Point R forward. Point R to R side.
- 3 & 4      Cross right behind left. Step left to left side. Step right to side.
- 5 - 6      Point L forward. Point L to L side.
- 7 & 8      Cross left behind right. Step right to right side. Step left to side.

### S6: Cross, Side, Behind, Side, Cross, Side, Back Rock, Kick Ball

- 1 - 2      Cross right over left. Step left to L side.
- 3 & 4      Step right behind left. Step left to L side. Cross right over left.
- 5 - 7      Step left to side. Rock back right. Recover weight left.
- 8 &      Kick right forward. Step right beside left.

### S7: Cross, Side, Behind, Side, Cross, Side, Back Rock, Ball Cross

- 1 - 2      Cross left over right. Step right to R side.
- 3 & 4      Step left behind right. Step right to R side. Cross left over right.
- 5 - 7      Step right to R side. Rock back left. Recover weight right.
- & 8      Step left to L side. Cross right over left.

### S8: ¼ Turn R, Coaster Step, Side Rock, Step, Side Rock, Step, Step

- 1,2&3      ¼ Turn R Step back on L. (6) Step Back on R. Step L Next to R. Step Forward on R.

4 & 5            Rock left to left side. Recover onto right. Step left forward.  
6 & 7            Rock right to right side. Recover onto left. Step right forward.  
8                 Step L forward

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