

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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