

Sugar

拍數: 32 牆數: 4 級數: Improver
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音樂: Sugar - Maroon 5



No Tags, No Restarts

S1: Cross Steps; Coaster Step; ½ Turn Counter Clockwise

- 1-4 Cross right foot over left (1), lift right toes so you are on your heel and swivel toes to the right and stepping left foot to the left at the same time (2); repeat same movement (3-4)
- 5&6 Right coaster step – step right slightly behind left (5), step left foot center (&), step right foot center (6)
- 7-8 Hook left foot slightly behind right (7) and left unwind ½ turn to back wall (8) weight landing on the left foot

S2: Kick Steps; Step Heel Swivels

- 1&2&3&4& Kick right foot out to the right side (1), step center on right foot (&), kick left foot out to left side (2), step center on left foot (&), kick right foot forward (3), step center on right (&), kick left foot forward (4), step center on left foot (&)
- 5&6&7&8 Step right foot forward (5), swivel heels to the right (&), swivel heels back to center (6), step left foot forward (7), swivel heels to the left (&), swivel heels back to center (8)

S3: Kick to Sides, Pause; Back/Reverse Body Rolls

- 1, 2, &, 3, 4 Kick right toe out to right side (1) and pause (2), Bring right foot back center (&), Kick left toe out to left side (3) and pause (4)
- &5, 6, &, 7, 8 Backwards body roll – step left foot into the place of where your right foot is after the pause (&), simultaneously step right foot back and roll your body (5-6); repeat – Step left foot into the place of where your right foot is (&), step right foot back and roll your body (7), Hitch left foot over right leg(8) You will be angled slightly to the 10-11 o'clock position

S4: Step, Hook, Shuffle Step, Step Knee Hitch, Coaster Step Making a Slight ¼ Turn to the Left

- 1-2 Still angled, step left foot forward (1), step right foot slightly behind the left (2)
- 3&4 Shuffle forward left (3), right (&), left (4)
- 5-6 Step forward with the right foot (5), push hands out in front of you like you are pushing off of something, and hitch your left knee up
- 7&8 Since we are still angled, you won't be making a complete ¼ turn, but just enough to start on the new wall – you will do a coaster step – step slightly back on left (7), step right foot in place (&), step left foot slightly forward (8)

Repeat

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