

Sugar, Yes Please

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Sharon Oldfield - May 2015
音樂: Sugar - Maroon 5 : (Album: V)



Intro: 16 counts - Weight on L

S1: ROCK, RECOVER, BALL ROCK, RECOVER, TRIPLE BACK, ROCK, RECOVER

1-2 & 3-4 Rock R forward, Recover L, Ball step R next to L, Rock forward L, Recover R
5 & 6 Triple back L, R, L
7-8 Rock back R, Recover L

S2: WALK, WALK, HEEL, HEEL, WALK, WALK, STEP PIVOT ½

1 - 2 Walk R, Walk L
3 & 4 & Tap R heel forward, Step R next to L□, Tap L heel forward, Step L next to R
5 - 6 Walk R, Walk L
7 - 8 Step R forward, Turn L ½ (weight goes forward on L)

S3: TURN 1/2, TURN 1/2, TRIPLE STEP, ROCK, RECOVER, COASTER STEP

1 - 2 Turn L ½ stepping back on the R, Turn L ½ Stepping forward on L
3 & 4 Triple step forward R, L, R
5 - 6 Rock forward L, Recover R
7 & 8 Step back on L, Step back R next to L , Step L forward

S4: STEP LOCK, TRIPLE LOCK, STEP LOCK, TRIPLE LOCK

1 - 2 Step R forward, Lock L behind R,
3 & 4 Step forward R, L, R
5 - 6 Step forward L, Lock R behind L
7 & 8 Step forward L, R, L

S5: ROCK, RECOVER, COASTER STEP, TURN ¼ , CROSSING TRIPLE

1 - 2 Rock forward R, Recover L
3 & 4 Step back R, Step back L next to R, Step R forward
5 - 6 Step L forward, Pivot ¼ to the R
7 & 8 Crossing L over R , step R to the R, Step L across R

S6: TURN 1/4, TURN 1/4, CROSSING TRIPLE, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

1 - 2 Step back on R, turning ¼ to Left, Step L to L side turning ¼,
3 & 4 Cross R over left, , Step L to the L, Step R across L
5 - 6 Rock out to L side , Recover R
7 & 8 Step L behind R , Step R to side, Cross L over R

S7: POINT, STEP, POINT, STEP, POINT, STEP BACK, POINT STEP

1 - 2 Point R to R side, step across L
3 - 4 Point L to left side , Step across R
5 - 6 Point R to R side, Step R back
7 - 8 Point L to side , Step L forward

S8: PIVOT ¼, PIVOT ½, JAZZ BOX

1 - 2 Step R forward, Turn left 1/4
3 - 4 Step R forward, Turn left 1/2
5 - 6 Step R across L, Step back L

7 - 8 Step R to R side, Step L forward

START OVER

RESTART: On Wall 5 , Section 6: Change Counts 7 & 8, to Behind, turn $\frac{1}{4}$ R , Step Forward L, then RESTART.

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