

Sugar (蜜糖) (zh)

COPPER KNOB
STEPPERS

拍數: 64
編舞者: Ingrid Kan (TW) - 2015年12月
音樂: Sugar - Maroon 5

牆數: 4

級數: Easy Intermediate



[1-8] Side Shuffle, Rock Recover, Side Shuffle, Rock Recover

1 & 2 Step R to R side, Step L next to R, Step R to R side
3-4 Rock L back, Recover on R
5 & 6 Step L to L side, Step R next to L, Step L to L side
7-8 Rock R back, Recover on L
1&2 右足側踏, 左足併踏, 右足側踏
3-4 左足後下沉, 右足回復
5&6 左足側踏, 右足併踏, 左足側踏
7-8 右足後下沉, 左足回復

[9-16] Vine R, Brush L, Vine, Turn 1/4 L Brush R

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, Brush left
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, 1/4 Turn to Left Brush right
1-4 右足側踏, 左足後踏, 右足側踏, 左足擦地
5-8 左足側踏, 右足後踏, 左轉1/4左足前踏, 右足擦地

[17-24] Rock Chair, Back Rock Recover, Step Turn 1/2 L

1-4 R Cross Rock L Back Recover R Side Rock L Recover
5-6 R Back Cross Rock L, L Recover
7-8 Step RF forward, 1/2 Turn left, LF step forward
1-6 右足前下沉, 左足回復, 右足側下沉, 左足回復, 右足後下沉, 左足回復
7-8 右足前踏左轉180度

[25-32] Jazz box with toe strut.

1-2 Touch ball of right over left (1), drop right heel to floor taking weight
3-4 Touch ball of left foot back (3), drop left heel to floor taking weight
5-6 Touching ball of right foot forward (5), drop right heel to floor taking weight
7-8 Touch ball of left forward, drop left heel to floor taking weight
1-4 右足趾前點, 右足踵踏, 左足趾後點, 左足踵踏,
5-8 右足趾側點, 右足踵踏, 左足趾前點, 左足踵踏

[33-40] R Side Step, Side Shuffle, L side Step, Side Shuffle

1-2 Step Right to right side, Step with right
3&4 Side Shuffle, right, left, right
5-6 Step left to left side, step with right
7&8 Shuffle, left, right, left
1-2 右足右踏, 左足併踏
3&4 右足右踏, 左足併踏, 右足右踏
5-6 左足右踏, 右足併踏
7&8 左足右踏, 右足併踏, 右足右踏

[41-48] Pivot 1/4 L x4

1-8 R Step turn to L 1/4 (4 times)
右足右踏左轉90度x4

[49-56] R Side Step, Hold, L Back Rock Recover, L Side Step, Hold, R Back Rock Recover

1-2 Step Right to right side, Hold

3-4 L Back Rock Recover

5-6 Step left to left side, Hold

7-8 R Back Rock Recover

右足側踏,停拍,左足後下沉,右足回復

左足側踏,停拍,右足後下沉,左足回復

[57-64] Pivot 1/4 L x4

1-8 R Step turn to L 1/4 (4 times)

右足右踏左轉90度x4

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