

Sugar

拍數: 64 牆數: 4 級數: Intermediate - Non-Country
編舞者: Helen Hiimäe (EST) - November 2015
音樂: 'Sugar' by Robin Schulz



Intro: 64 count

(1-8) R shuffle, cross, side, back-touch 2x

1&2 step R right side, step L next to R, step R right side
3-4 step L across R, step R right side
5-6 step L back, touch R forward
7-8 step R back, touch L forward

(9-16) L touch side-cross-side, cross, step back with turn 1/4 to left, L side, R touch across, R step forward

1-2 touch L left side, touch L across R
3-4 touch L left side, step L across R
5-6 step R back with turning 1/4 to left, step L left side
7-8 touch R across L, step R forward

Restart on 3rd wall with step changing

7-8 touch R across L, kick R forward

(17-24) 1/2 turn left with prep, 1/2 turn left with shuffle, jazzbox

1-2 step L forward with body turn right (prep), turn 1/2 left stepping R back
3&4 turn 1/4 left stepping L left side, step R together, turn 1/4 left stepping L forward
5-6 step R across L, step L back
7-8 step R right side, touch L together

(25-32) Left side, touch, together, hitch, 1/2 turn right with hips bump

1-2 step L left side, touch R forward right diagonally (slightly sit on L and turn upper body right)
3-4 step R right side, step L together
5-6 hitch right knee, turn 1/4 right stepping R right side with hip bump
7-8 hip bump to left, turn 1/4 right stepping R forward

(33-40) L rock step, back-lock-back 2x, 1/4 turn left, hold

1-2 step L forward, recover on R
3&4 step L back, step R cross over L, step L back
5&6 step R back, step L cross over R, step R back
7-8 1/4 turn left stepping L left side, hold

(41-48) Ball step bump 2x, rock step, heel, together, cross

&1-2 ball step R next to L, touch L left side (L hip up), bump hip to right side (weight go to left foot)

(it is better to do it than slightly going down on your knee)

&3-4 ball step R next to L, touch L left side (L hip up), bump hip to right side (weight go to left foot)

(it is better to do it than slightly going down on your knee)

Easier way:

&1-2 ball step R next to L, step L left side, pause
&3-4 ball step R next to L, step L left side, pause
5-6 step R cross over L, recover on L
7&8 touch R heel right diagonal, step R next to L, step L across R

(49-56) 1/2 turn left, sweep with 1/8 turn right, toe-heel-toe-heel

1-2 1/4 turn left stepping R back, 1/4 turn left stepping L left side
3-4& step R across L, sweep L back to front, step L right diagonally forward (turn 1/8 to right: 7.30)

5&6& touch R toe behind L, step R behind L, touch L heel forward, step L forward
7&8 touch R toe behind L, step R behind L, touch L heel forward

(57-64) Rock forward, back-lock-back, rock back, kick ball change with 1/8 turn right

1-2 step L forward, recover on R
3&4 step L back, step R across L, step L back
5-6 step R back, recover on L
7&8 turn 1/8 right (9.00) with kick R forward, step R together, step L together

Start again!

NB! Restart on 3rd wall with step changing after count 14

7-8 touch R across L, kick R forward

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