

# Sweet Sugar & Spice

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Rudy Honing (NL) & Wesley F. Wessels (NL) - May 2016  
音樂: Sugar - Jennifer Nettles



## S1: ROCKSTEP, WEAVE, HIP BUMPS, COASTER STEP

1&2      Rock RF behind LF, recover onto LF, step RF side.  
3&4      Cross LF behind RF, step RF side, cross LF over RF.  
5&6      Step RF slightly forward and bump right hip up, bump down, bump up.  
7&8      Step RF back, place LF next to RF, step RF forward.

## S2: ¼ TURN RIGHT, ALT. RUMBA BOX, CROSS SHUFFLE

1&2      Step LF forward, make ¼ turn right, cross LF over RF.  
3&4      Step RF to right side (3), place LF next to RF (&), step RF forward (4).  
5-6      Step LF to left side and drag RF towards LF, make ¼ turn right and step RF to □□side  
          dragging LF towards RF.  
7&8      Cross LF over RF, step RF to side, cross LF over RF.

## S3: HEELGRIND, COASTERSTEP, PADDLE TURNS, TRAVELLING HEEL JACKS

1-2      Place heel of RF forward, make ¼ turn right ( replacing weight on LF ).  
3&4      Step RF back, place LF next to RF, step RF forward.  
5-6      Make ¼ turn R point LF to L – Make ¼ turn R point LF to L.  
7&8      Step LF slightly forward over RF, RF to right side, place heel LF forward.

## S4: 2 x TRAVELLING HEEL JACKS, SYNCOPATED ROCKSTEP, COASTERSTEP

&1&2      Replace LF beside RF(&), Cross RF over LF(1), LF to left side(&), place heel RF  
          □□forward(2)  
&3&4      Replace RF beside RF(&), Cross LF over RF(3), RF to right side(&), place heel LF  
          □□forward(4)  
&5&6      Rock RF forward, replace weight onto LF, step RF back.  
7&8      Step LF back, place RF next to LF, step LF forward.

## S5: SIDE- ROCK RECOVER 2 x, POINTS 2 x, KNEE POP

1-2&      Step RF to right side, rock LF behind RF, recover onto RF.  
3-4&      Step LF to left side, rock RF behind LF, recover onto LF.  
5&6&      Point R toe to right side, place RF next to LF, point L toe to left side, place LF □□next to RF.  
7&8      Touch RF forward (7), pop knees ( lift heel of the ground)(&),pop back up  
( placing heels back down )(8).

## S6: SHUFFLE, ½ TURN RIGHT, ¾ TURN LEFT, SIDE ROCK, CROSS

1&2      Step RF forward, place LF next to RF, step RF forward .  
3&4      Step LF forward, ½ turn right, step LF forward.  
5&6      Step RF forward making a ½ turn back, step LF ¼ turn to side, cross RF over LF.  
7&8      Rock LF to left side, recover onto RF, cross LF over RF .

## S7: LOCKSTEP- SWEEP 2 x, SAILORSTEP, PADDLE TURNS

1&2&      Step RF back, lock LF in front of RF, step RF back, sweep LF from front to back.  
3&4&      Step LF back, lock RF in front of LF, step LF back, sweep RF from front to back.  
5&6      Step RF behind LF, step LF to side, Step RF to right side.  
7-8      Make ¼ turn R point LF to L – Make ¼ turn R point LF to L

## S8: WEAVE, ROCK STEP ¼ TURN, STEP OUT, HIP ROLL

1&2      Cross LF over RF, step RF to right side, cross LF behind RF.

- &3&4 Step RF to right side, rock LF over RF, make  $\frac{1}{4}$  turn left stepping LF forward.  
5-6 Step RF out to right side, step LF out to left side.  
7-8 Turn your hip from left to right, weight ends on LF on count 8.

**HAVE FUN!!**

**TAGS:-**

**TAG - After Wall 1:**

- 1-2 Step RF to right side, touch LF to left side.  
3-4 Step LF to left side, touch RF to right.

**After Wall 2: Dance TAG + the last 4 counts of section 8 + TAG**

- 1-2 Step RF to right side, touch LF to left side.  
3-4 Step LF to left side, touch RF to right.  
5-6 Step RF out to right side, step LF out to left side.  
7-8 Turn your hip from left to right, weight ends on LF on count 8.  
1-2 Step RF to right side, touch LF to left side.  
3-4 Step LF to left side, touch RF to right.

**After Wall 3:**

**Repeat Sections 5 to 8 to finish the dance.**

**Last Update - 4th June 2016**

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