

Sweet Sugar

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 1 級數: Phrased Intermediate / Advanced
編舞者: Séverine Fillion (FR) - June 2016
音樂: Sugar - Jennifer Nettles : (Album: Playing With Fire)



Intro : 16 counts - SEQUENCE : A B Tag1 A B Tag2 A B B Final

PART A : 32 counts

A[1-8] WALKS FWD, ANCHOR STEP, FULL TURN L BACKWARD, COASTER STEP

1-2 Walk fwd on right, on left
3&4 Right cross behind left, recover on left in place, recover on right back
5-6 ½ turn left stepping left fwd, ½ turn left stepping right back
7&8 Left step back, right next to left, left fwd

A[9-16] DIAGONALLY SKATES With TOE FAN, ¼ TURN L, TOUCH, ¼ TURN L & TRIPLE STEP FWD

1& Right skate diagonally right fwd with toe split (Turn your body at 10 :30) Slide left next to right and turn your body back facing 12 :00
2& Left skate diagonally left fwd with toe split (Turn your body at 1 :30) Slide right next to left and turn your body back facing 12 :00
3& Same steps as 1&
4& Same steps as 2&

Easier option for 1-4 : 4 skates fwd (right – left – right – left)

5-6 ¼ turn left stepping right to right, Touch left next to right 9 :00
7&8 ¼ turn left and Triple step left – right – left fwd 6 :00

A[17-24] DIAGONALLY STEP, LOCK, STEP LOCK STEP, ROCK FWD, TRIPLE FULL TURN L

1-2 Diagonally right fwd : Right step fwd, « Lock » left cross behind right 7 :30
3&4 Right step fwd, « lock » left cross behind right, right step fwd
5-6 Stay diagonal : Rock step left fwd, recover on right
7&8 Triple step left – right – left in place full turning left (ending at 6 :00) 6 :00

A[25-32] CROSS SHUFFLE, KICK BALL POINT, SAILOR STEP, SAILOR STEP ¼ TURN L

1&2 Right cross over left, left to left, right cross over left
3&4 Kick left fwd, left next to right, point right toe to right side
5&6 Right cross behind left, left to left, right to right
7&8 Left cross behind right, ¼ turn left and right to right, ¼ turn left stepping left fwd 12 :00

PART B : 32 counts

B[1-8] TOE HEEL CROSS SWIVEL (R & L), SIDE POINT SWITCHES, ¼ TURN L, KICK BALL STEP

1&2 Touch right toe next to left, right heel fwd, right cross over left (with swivel left foot)
&3& Touch left toe next to right, left heel fwd, left cross over right (with swivel right foot)
4 Point right toe to right side
&5 Recover on right next to left, point left toe to left side
6 Recover on left next to right ¼ turning left 9 :00
7&8 Right kick fwd, right next to left, left step fwd

B[9-16] TOE HEEL CROSS SWIVEL (R & L), SIDE POINT SWITCHES, ¼ TURN L, SWIVEL TO LEFT, HITCH

1&2 Touch right toe next to left, right heel fwd, right cross over left (with swivel left foot)
&3& Touch left toe next to right, left heel fwd, left cross over right (with swivel right foot)
4 Point right toe to right side
&5 Recover on right next to left, point left toe to left side
6 Recover on left next to right ¼ turning left 6 :00

7&8 Swivel to the left : Both heels, both toes, both heels
& Swivel left toe to the left and right Hitch

B[17-24] STEP LOCK STEP FWD (R & L), STEP FWD, HEEL TWIST ½ TURN L, COASTER STEP

1&2 Right step diagonally right fwd, « lock » left cross behind right, right step diagonally fwd
&3& Left step diagonally left fwd, « lock » right cross behind left, left step diagonally fwd
4 Right sep fwd
5&6 Swivel both heels to the right – left – right with ½ turn left (ending weight on right) 12 :00
7&8 Left step back, right next to left, left step fwd

B[25-32] STEP LOCK STEP FWD (R & L), STEP FWD, BALL ROCK FWD, ¼ TURN R & LARGE SIDE STEP, SLIDE, ¼ TURN L & TOGETHER

1&2 Right step diagonally right fwd, « lock » left cross behind right, right step diagonally fwd
&3& Left step diagonally left fwd, « lock » right cross behind left, left step diagonally fwd
4 Right sep fwd
&5-6 Left next to right (&), Rock step right fwd, recover on left
7 ¼ turn right and large right step to right side 3 :00
8 Slide left next to right and pass your weight on left with ¼ turn left 12 :00

Option for 7-8 : Rule out arms on sides, palms towards the outside

TAG 1 : 4 counts

1-4 Right to right, Touch left next to right, left to left, Touch right next to left

TAG 2 : 12 counts

1-4 Right to right, Touch left next to right, left to left, Touch right next to left
5-12 Same steps as the last section of PART B (25-32)

FINAL : 3 counts

During the last PART B, after 24 counts (you will be at 12 :00) :

½ turn left stepping right back, ½ turn left stepping left fwd, Stomp right fwd (YEAHHHHHHH !!!!)

SMILE & ENJOY !!
