

Sugar Foot Shag (L/P)

COPPER KNOB
BY STEPHENETS

拍數: 42

牆數: 2

級數: Improver / Intermediate (Line / Partner)

編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - May 2018

音樂: I'm In Love Again - Johnny Lee



Alt. music:-

Cry To Me (The Koi Boys) [116 bpm]:

Over At Fannie Mae's (Charles Wilson) [120 bpm];

Carolina Girls (General Johnson & The Chairmen of the Board) [130 bpm]

Teaching: A Man That Can Dance (Johnny Lee) [78 bpm]

NOTE: The following are authentic Shag steps for Lead. This 42 count line dance can be done as a partner dance, starting in two-hand hold. The Follow does the same steps except using opposite feet. Also, the half turn chassé for Follow would be done as a right side underarm turn (L shoulder back). Flick is defined here as a quick, small kick.

BASIC: FORWARD, TOGETHER, BACK, THIRD POSITION TRIPLE, ROCK BACK, RECOVER

1&2 Step forward on LF, step RF beside LF, step back on LF

3&4 Step RF behind heel of LF (in 3rd position), replace weight on LF, replace weight on RF

5,6 Rock slightly back on LF, recover on RF

Variations:

3&4 Step RF behind heel of LF (slightly further back), rock LF across front of RF, recover on RF

5&6 Flick LF diagonal forward L, step LF slightly behind RF, square up and replace weight on RF

HALF TURN CHASSÉ, THIRD POSITION TRIPLE, ROCK BACK, SIDE STEP

1&2 Traveling forward do a chassé turning 1/2 R (LRL)

3&4 Step RF behind heel of LF (in 3rd position), replace weight on LF, replace weight on RF

5,6 Rock slightly back on LF, small step R on RF

Variations:

3&4 Step RF behind heel of LF (slightly further back), rock LF across front of RF, recover on RF

5&6 Flick LF diagonal forward L, step LF slightly behind RF, turn slightly R and take small step R on RF

FLICKS TO SIDES

1,2 Step diagonal R on LF, flick RF forward

3&4 Step back on RF, step LF slightly back of RF and square up, step RF slightly across LF

5&6 Flick LF diagonal forward L, step LF slightly behind RF, square up and replace weight on RF

BASIC: FORWARD, TOGETHER, BACK, THIRD POSITION TRIPLE, ROCK BACK, RECOVER

1&2 Step forward on LF, step RF beside LF, step back on LF

3&4 Step RF behind heel of LF (in 3rd position), replace weight on LF, replace weight on RF

5,6 Rock slightly back on LF, recover on RF

Variations:

3&4 Step RF behind heel of LF (slightly further back), rock LF across front of RF, recover on RF

5&6 Flick LF diagonal forward L, step LF slightly behind RF, turn slightly R and take small step R on RF

FLICK R, SUGAR FOOT X3, FLICKS R AND L

NOTE: Twist on ball of standing foot in same direction as other foot when turned in, out, and across

1,2 Step diagonal R on LF, flick RF forward

3&4 Step back on RF, step LF slightly back of RF and square up, step RF slightly across LF

5,6 Turn LF in and touch L toe next to instep of RF, turn LF out and touch heel of LF slightly to L

1 Cross LF over RF

- 2,3 Turn RF in and touch R toe next to instep of LF, turn RF out and touch heel of RF slightly to R
- 4 Cross RF over LF
- 5,6 Turn LF in and touch L toe next to instep of RF, turn LF out and touch heel of LF slightly to L
- 1 Cross LF over RF
- 2 Flick RF diagonal forward R
- 3&4 Step back on RF, step LF slightly behind RF and square up, step RF slightly across LF
- 5&6 Flick LF diagonal forward L, step LF slightly behind RF, square up and replace weight on RF

***For added challenge in the line dance, do a LF flick L and then step LF next to RF (count as 5,6). These are the last two counts of the dance. Now start over leading with the RF and doing all subsequent steps on opposite feet to what is written. The idea is to alternate starting LF, RF, LF, RF, etc, after each round. This changes it to an 84 count dance.**

Repeat...for a shaggin' good time!

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