

Sugar at the Bottom

拍數: 48 牆數: 2 級數: Low Advanced
編舞者: Helena Jeppsson (SWE) - August 2022
音樂: sugar at the bottom - Hayley Kiyoko



(16 count intro) (no restarts)

Walk x2, 1/4 turn L rock and cross, 1/4 turn L x2, step hitch x2

1, 2 Walk fwd on right, left
3&4 1/4 turn left rock RF to right side, recover weight onto LF, cross RF over LF
5 1/4 turn L stepping fwd in LF (6:00)
6 1/4 turn L stepping RF to right side (facing 3:00)
7 Step LF next to RF and hitch right knee
&8 (&)Step RF to right side, (8) step LF next to RF and hitch right knee

Dorothy step x2, out, out, swivel, hitch

1, 2& Step RF fwd on right diagonal (4:30), step LF behind RF, step RF slightly fwd
3, 4& Step LF fwd on left diagonal (1:30), step RF behind LF, step LF slightly fwd
5, 6 Step RF out to right side, step LF out to left side (weight on LF, facing 3:00)
7&8 Swivel right heel towards LF, swivel right toe towards LF, hitch right knee

Side steps and knee lifts

&1 Step RF down on right side, lift left knee
&2 Step LF down on left side, lift right knee
&3&4 Step RF down on right side, lift left knee, touch LF down, lift left knee
&5 Step LF down on left side, lift right knee
&6 Step RF down on right side, lift left knee
&7&8 Step LF down on left side, lift right knee, touch RF down, lift right knee

Sailor step, sailor step w/ 1/4 turn R, walk 3/4 turn R

1&2 Step RF behind LF, step LF to left side, step RF to right side
3&4 Step LF behind RF, 1/4 turn right stepping fwd on RF, step fwd on LF (6:00)
5,6,7,8 Make a 3/4 turn R walking around R, L, R, L (end facing 3:00)

Heel, toe, hitch, small run, mambo step, coaster step lock

1&2 Touch right heel fwd, touch right toe back, hitch right knee
3&4 Step fwd R, L, R
5&6 Rock fwd on LF, recover weight onto RF, step back on LF
7& Step back on RF, step LF beside RF
8& Step fwd on RF, lock LF behind RF

Fwd, 1/4 turn R point, cross rock, side rock, step back w/ sweep, coaster step

1 Step fwd on RF
2 1/4 turn R point left toe to left side (facing 6:00)
3& Cross rock LF over RF, recover weight onto RF
4& Rock LF to left side, recover weight onto RF
5 Step back on LF sweeping RF from front to back
6 Step back on RF sweeping LF from front to back
7&8 Step back on LF, step RF beside LF, step fwd on LF

Last Update - 3 Aug. 2022

