

Sugar & Spice

拍數: 32 牆數: 4 級數: Improver
編舞者: Jef Camps (BEL), Roy Verdonk (NL) & Jo Kinser (UK) - March 2024
音樂: Milky Way - Duguneh, Abi F Jones & Jay Fonseca



Intro 16 counts

S1: Skate, Skate, Shuffle, Skate, Skate, Shuffle

1-2 RF skate forward, LF skate forward
3&4 RF step forward into R diagonal, LF close next to RF, RF step forward
5-6 LF skate forward, RF skate forward
7&8 LF step forward into L diagonal, RF close next to LF, LF step forward

S2: Jazz Box Cross, Side Rock, ¼ Recover, ¼ Chasse

1-2 RF cross over LF, LF step back
3-4 RF step side, LF cross over RF
5-6 RF rock side, ¼ turn L & put weight on LF (9:00)
7&8 ¼ turn L & RF step side, LF close next to RF, RF step side (6:00)

S3: Behind, Side, Cross Samba, Cross, ¼ Back, Back Pony Step

1-2 LF cross behind RF, RF step side
3&4 LF cross over RF, RF rock side, recover on LF
5-6 RF cross over LF, ¼ turn R & LF step back (9:00)
7&8 RF step back hitching L-knee, LF close next to RF, RF step back hitching L-knee

S4: Rock Back/Recover, Shuffle ½ Turn, Back, Drag, Ball, Walk R-L

1-2 LF rock back, recover on RF
3&4 ¼ turn R & LF step side, RF close next to LF, ¼ turn R & LF step back (3:00)
5-6 RF large step back, drag LF towards RF
&7-8 LF close on ball next to RF, RF step forward, LF step forward

Have fun!

Restart:

In wall 5 dance up to count 12 and add following steps before restarting the dance (12:00)

1-2-3-4 RF step side & sway R, sway L, sway R, sway L (wave your arms)

Last Update: 13 Mar 2024