

# Sugar And Sugar

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Glennys Croston (UK)  
音樂: Sugar-Sugar (In My Life) - John Fogerty



## STEP FORWARD TOUCH STEP BACK TOUCH STEP LOCK STEP LOCK STEP

1-2            Step forward on right, touch left toe behind right heel  
3-4            Step back on left, touch right toe in front of left toe  
5-6            Step forward on right, lock left behind right  
7&8            Step forward on right, lock left behind, step forward on right

## ROCK FORWARD RECOVER TRIPLE ½ TURN FORWARD TOUCH BACK TOUCH

9-10            Rock forward on left, recover on right  
11&12           Making ½ turn left on a left, right, left  
13-14           Step forward on right, touch left toe behind right heel  
15-16           Step back on left, touch right toe in front of left toe

## WEAVE RIGHT ROCK RECOVER CROSS SHUFFLE

17-20           Step right to side, cross left behind, step right to side, cross step left over right  
21-22           Rock on right to side, recover on left  
23&24           Cross right over left, step left to side, cross right over left

## WEAVE LEFT ROCK RECOVER CROSS SHUFFLE

25-28           Step left to side, cross right behind, step left to side, cross step right over left  
29-30           Rock on left to side, recover on right  
31&32           Cross left over right, step right to side, cross left over right

## RIGHT VINE WITH ¼ TURN RIGHT LEFT KNEE HITCH VINE LEFT

33-36           Step right to side, cross left behind right, step right ¼ turn right, hitch left knee slightly  
37-40           Step left to side, cross right behind left, step left to side, touch right toe to left instep

## 2 STEP SLIDE STEP KICK TO RIGHT STEP SLIDE STEP KICK TO LEFT

41-44           Step right to side, slide left to right, step right to side, kick left across right  
45-48           Step left to side, slide right to left, step left to side, kick right across left

With the step touches, click fingers

**REPEAT**

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