

# Sugar Push

拍數: 36      牆數: 4      級數:  
編舞者: Bonnie Reimisch (USA)  
音樂: Why Haven't I Heard From You - Reba McEntire



## SUGAR PUSH STEPS

1-2      Walk forward right & left  
3      Touch right foot up just behind left foot, keeping weight on left, & clap  
4      Step back on right foot  
5-6      Shuffle in place, left-right-left  
7-12      Repeat steps 1-6

## STOMPS

13-14      In place, with weight on balls of feet, stomp heels, 2 times

## HEEL SWIVELS

15      With weight on balls (soles) of feet, swing heels to right  
16      With weight on heels of feet, swing soles to right  
17      With weight on balls of feet, swing heels to right  
18      With weight on heels, swing soles to center, ending with weight on both feet

## SUGAR PUSH STEPS

19-20      Walk back left & right  
21      Touch left foot just in front of right & clap  
22      Step forward on left foot  
23-24      Shuffle in place, right-left-right  
25-30      Repeat steps 19-24

## STOMPS

31-32      In place, weight on balls of feet, stomp heel, 2 times

## HEEL SWIVELS

33      With weight on balls of feet, swing heels to left  
34      With weight on heels of feet, swing soles to left  
35      With weight on balls, swing heels to left  
36      With weight on heels, swing soles to right, at same time turning  $\frac{1}{4}$  to left, ending with weight on both feet

## REPEAT

### Option 1

13-14      In place with weight on balls of feet, stomp heels once, then hold & clap  
31-32      In place with weight on balls of feet, stomp heels once, then hold & clap

### Option 2

15-18      Hip rolls, forward & back, twice