

# Sugar Push

拍數: 36      牆數: 4      級數:  
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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