

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