

Sugar Push

拍數: 48 牆數: 4 級數: Advanced
編舞者: Barbara Mendelsohn (USA)
音樂: Cold Outside - Big House



SYNCOPATED RIGHT VINES WITH RONDES; TRIPLES IN PLACE

- 1-2 Step right foot to right side; cross-step left foot behind right
&3-4 Step right foot to right side; hop onto left foot and circle right leg to right side and behind left foot; step on right beside left
5&6 Step on left, step on right, step on left
7-8 Step right foot to right side; cross-step left foot behind right
&9-10 Step right foot to right side; hop onto left foot and circle right leg to right side and behind left foot; step on right beside left
11&12 Step on left; step on right; step on left.

RIGHT KICK-BALL-CHANGES, ¼ TURN, FORWARD SHUFFLES, ½ TURN

- 13&14 Kick right foot forward; step on ball of right foot; step on left
15&16 Kick right foot forward; step on ball of right foot; turning ¼ left, step on right
17&18 Step right foot forward; step left together; step right foot forward
19-20 Pivoting ½ turn right, step forward onto left; step on right foot.

SYNCOPATED JUMPS, CLAPS, WEST COAST WALK FORWARD; TRIPLE STEPS

- &21-22 Hop forward on left foot; hop forward on right bringing feet together; clap hands
&23-24 Hop back on right foot; hop back on left bringing feet together; clap hands
25-26 Step right foot forward; step left foot forward
&27-28 Step on right foot behind and slightly left of left heel; step on left in place; step on right slightly behind left heel.

TOUCH, REVERSE TURN, TOUCH, STEP FORWARD, TOUCH, RIGHT FORWARD SHUFFLE, ½ MILITARY TURN

- 29-30 Touch left toe behind right foot; pivot ½ turn left keeping weight on right foot and touching left toe in front of right foot
31-32 Step left foot forward; touch right toe beside left foot
33&34 Step right foot forward; step left together; step right foot forward
35-36 Pivoting ½ turn right, step left foot forward; step on right foot.

LEFT FORWARD SHUFFLE, FULL TURN, OUT-OUT, IN-IN SYNCOPATIONS

- 37&38 Step left foot forward; step right together; step left foot forward
39&40 Step right foot forward beginning full left turn; step on left continuing turn; step on right foot
&41-42 Step left foot to left side; step right to right side about shoulder-width apart; hold and clap hands
&43-44 Step right foot home; step left foot beside right; hold and clap hands.

CROSS, UNWIND, OUT-OUT, IN-IN SYNCOPATIONS

- 45-46 Cross-step right foot over left; unwind ½ turn left
&47 Step right foot to right side; step left foot to left side
&48 Step right foot home; step left foot beside right.

REPEAT