

Sugar Push Twist

拍數: 48 牆數: 1 級數: Intermediate
編舞者: Carol-Jensen
音樂: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



FORWARD, FORWARD, KICK, BACK, TURN

1-2 Step right forward, step left forward
3-4 Kick right forward, step right straight back (weight on right)
5&6 ¼ turn left behind right, step right next to left, ¼ turn onto left

FORWARD, FORWARD, KICK, BACK TURN

1-2 Step right forward, step left forward
3-4 Kick right forward, step right straight back (weight on right)
5&6 ¼ turn left behind right, step right next to left, ¼ turn left onto left

FORWARD, FORWARD, KICK, CROSS, SIDE, TOUCH, BACK, FORWARD, TURN, FORWARD

1-2 Step right forward, step left forward
3-4 Kick right forward, cross right in front of left
5-6 Step left side left, touch right next to left
&7&8 Back on right, touch left heel forward, step left next to right, touch right next to left
&9&10 Right behind left into ¼ turn right, touch left heel forward, step left in place, touch right next to left

FORWARD, KICK, CROSS, SIDE, BACK, FORWARD, TURN, FORWARD

1-2 Step forward right, kick forward left
3-4 Cross left over right, step right side right
&5&6 Step left back, touch right heel forward, step right next to left, touch left next to right
&7&8 Step left behind right into ¼ turn left, touch right heel forward, step right next to left, step left forward

FORWARD, BACK, TURN, FORWARD, TURN, BACK, SAILOR STEP (TWICE)

1-2 Step forward right, step back left
3-4 Pivot ½ turn right onto right, step forward left
5-6 Pivot ½ turn left onto right, step back on left
7&8 Cross right behind left, step ball of left foot side left, change weight to right as you step to side right
9&10 Cross left behind right, step ball of right foot side right, change weight to left as you step to side left

HIP BUMPS, HIP BUMPS, FORWARD, FORWARD, TURN, FORWARD

1-2 Step right forward into ¼ turn left as you bump hip to right, bump hip right again
3-4 Pivot ½ turn right on ball of right foot stepping onto left as you bump hip left, bump hip left again
&5-6 Step back on ball of right foot, forward onto left, forward onto right
7-8 Pivot ¼ turn left on left (weight to left), touch right next to left

REPEAT