

Sugar Shack

COPPERKNOB
BY STEPHEN

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Annette "Netty" Mesa (USA)
音樂: Sugar Shack - Marcia Griffiths



Sequence: A, B, A, B, A (8 count tag) B to the end

PART A

CROSS-OVER SWIVEL WALKS RIGHT, LEFT, RIGHT, LEFT, SAILOR RIGHT, SAILOR LEFT

1-4 Cross-over (swivel) walk forward right, left, right, left
5&6 Sailor right - cross/step right behind left, step on ball of left, replace weight right
7&8 Sailor left - cross/step left behind right, step on ball of right, replace weight left

4 COUNT TOE HEEL, SYNCOPATED CROSS RIGHT OVER LEFT, ¼ TURN LEFT

1-4 Keeping weight on left, and moving to the right, touch right toe, dig right heel, touch right toe, dig right heel
5& Cross/step right over left, left to left side
6& Cross/step right over left, left to left side
7& Cross/step right over left, left to left side
8& Cross/step right over left, turn ¼ left and step forward left

(REPEAT 1ST SET OF 8) CROSS-OVER SWIVEL WALKS RIGHT, LEFT, RIGHT, LEFT, SAILOR RIGHT, SAILOR LEFT

1-4 Cross-over (swivel) walk forward right, left, right, left
5&6 Sailor right- cross/step right behind left, step on ball of left, replace weight right
7&8 Sailor left- cross/step left behind right, step on ball of right, replace weight left

(REPEAT 2ND SET OF 8) 4 COUNT TOE HEEL, SYNCOPATED CROSS RIGHT OVER LEFT, ¼ TURN LEFT

1-4 Keeping weight on left, and moving to the right, touch right toe, dig right heel, touch right toe, dig right heel
5& Cross/step right over left, left to left side
6& Cross/step right over left, left to left side
7& Cross/step right over left, left to left side
8& Cross/step right over left, turn ¼ left and step forward left

ROCK FORWARD RIGHT, BACK LEFT, RIGHT COASTER STEP, ROCK FORWARD LEFT, BACK RIGHT, TRIPLE HALF TURN LEFT

1-2 At 45 degree angle (between 6:00 & 9:00) rock forward right, back left
3&4 Right coaster - step back right, left together, forward right
5-6 At 45 degree angle (between 6:00 & 9:00) rock forward left, back right
7&8 Triple half turn to the left - step left, step right, step left in place (now facing between 12:00 & 3:00)

ROCK FORWARD RIGHT, BACK LEFT, RIGHT COASTER STEP, ROCK FORWARD LEFT, BACK RIGHT, TRIPLE HALF TURN LEFT

1-2 At 45 degree angle (between 12:00 & 3:00) rock forward right, back left
3&4 Right coaster - step back right, left together, forward right
5-6 At 45 degree angle (between 12:00 & 3:00) rock forward left, back right
7&8 Triple half turn to the left-step left, right, left in place (now facing between 6:00 & 9:00)

RIGHT POINT TOUCHES TO COMPLETE LEFT TURN TO 12:00 WALL (OPTIONAL ARMS)

- 1-2 Pivot on left 1/8 turn left while pointing right to right side, touch right to left
- 3-4 Pivot on left 1/8 turn left while pointing right to right side, touch right to left
- 5-6 Pivot on left 1/8 turn left while pointing right to right side, touch right to left
- 7-8 Pivot on left ¼ turn left while pointing right to right side, touch right to left (now facing 12:00 wall)

Arms: elbows are waist height, make a fist with each hand, swing arms in same direction as right foot, arms go right when you point right, back to the left when you touch left, etc.)

PART B

TRIPLE RIGHT, ROCK LEFT RECOVER RIGHT, SYNCOPATED STEP SLIDES LEFT AT 45 DEGREE ANGLE

- 1&2 Triple step right- step right, left, right
- 3-4 Rock back left, recover right
- 5& At 45 degree (between 9:00 & 12:00) angle step forward left, slide right forward
- 6& At 45 degree (between 9:00 & 12:00) angle step forward left, slide right forward
- 7& At 45 degree (between 9:00 & 12:00) angle step forward left, step right and straighten out to 12:00 wall
- 8 Step left

HEEL EXCHANGES RIGHT, LEFT, RIGHT, LEFT WHILE TURNING ¼ TURN RIGHT, RIGHT TOE STEP, LEFT TOE STEP

- 1& Dig right heel, step right, turning slightly right
- 2& Dig left heel, step left turning slightly right
- 3& Dig right heel, step right, turning slightly right
- 4& Dig left heel, step left, turning slightly right, (you have now completed ¼ turn right, and are facing 3:00 wall)
- 5-6 Touch right toe, step down right
- 7-8 Touch left toe, step down left

½ TURN MONTEREY, ½ TURN MONTEREY

- 1-2 Point right to right side, pivot on left foot turn ½ right and step on right
- 3-4 Point left to side, step left together
- 5-6 Point right to right side, pivot on left foot turn ½ right and step on right
- 7-8 Point left to side, step left

SHOULDER SHRUGS, ¼ TURN SHIMMY LEFT

- 1-4 Shrug shoulders up and down 4 times, while looking left to 12:00 wall (or nod your head "yes" or do both)
- 5 Step right forward
- 6-7-8 Turn ¼ turn left and shimmy shoulders (end with weight on left foot)

TAG

The tag will occur only one time, after you have danced the 3rd repetition of Part Aa, you will be facing your starting (12:00 wall).

STEP RIGHT FORWARD, PIVOT ¼ TURN LEFT, TO COMPLETE WHOLE TURN BACK TO 12:00 WALL

- 1-2 Step right forward, pivot ¼ turn left
- 3-4 Step right forward, pivot ¼ turn left
- 5-6 Step right forward, pivot ¼ turn left
- 7-8 Step right forward, pivot ¼ turn left

After you have danced the tag, then dance Part B only for the remainder of the dance.
