

Sugar Smacks

拍數: 32 牆數: 4 級數:
編舞者: Rico Dorsey
音樂: Just Enough Rope - Rick Trevino



TOE, HEEL, CROSS, TOE, HEEL, CROSS (SUGAR FOOT)

- 1 Touch left toe at right instep, while you pivot right foot to 1:30
- 2 Touch left heel beside right toe, while both feet point to 10:30
- 3 Cross left foot over right, returning feet to 12:00
- 4 Touch right toe at left instep, while you pivot left foot to 10:30
- 5 Touch left heel beside right toe, while both feet point to 1:30
- 6 Cross right foot over left, returning feet to 12:00
- 7-12 Repeat counts 1-6.

LEFT AROUND, RIGHT AROUND

- 13 Start swinging left foot out and around in a motion to the right
- 14 Finish swinging left foot around and cross left foot over right foot
- 15 Start swinging right foot out and around in a motion to the right
- 16 Finish swinging right foot around and cross right foot over left foot

BACK, ½ TURN, ½ TURN, ½ TURN

- 17 Step left foot back
- 18 Step right foot back turning ½ to right
- 19 Step left foot forward turning ½ turn to right
- 20 Step right foot back turning ½ turn to right

BRUSH ¼, SIDE, SLIDE, TOGETHER

- 21 Brush left foot forward as you turn ¼ turn to right on ball of right foot
- 22 Step left foot to left side, large step (lunge)
- 23 Slide right foot toward left
- 24 Continue sliding right foot together with a toe touch

STEP, BRUSH ½ SIDE, TOGETHER

- 25 Step to right side
- 26 Brush left foot across and in front of right, turning ½ turn to right
- 27 Step left foot to left side
- 28 Touch right toe/ball at left instep right

TOGETHER, LEFT, TOGETHER

- 29 Step right foot to right side
- 30 Touch left toe/ball at right instep
- 31 Step left foot to left side
- 32 Step right foot beside left foot leaving weight on right

REPEAT
