

Sugar Sugar

拍數: 32 牆數: 4 級數: Improver
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音樂: Sugar Sugar - The Archies



STEP, HOLD, HIP ROLL, RIGHT SHUFFLE FORWARD, STEP ½ PIVOT

1-4 Stomp right forward (no weight), hold, roll hips anti to the right twice
5&6 Step forward right, close left beside right, step forward right
7-8 Step forward left, pivot ½ turn right

STEP, HOLD, HIP ROLL, RIGHT SHUFFLE FORWARD, ROCK, RECOVER

9-12 Stomp left forward (take weight), hold, roll hips anti to the right twice
13&14 Step forward right, close left beside right
15-16 Rock forward on left, recover on right

SHUFFLE ¾ TURN LEFT, ROCK, RECOVER, RIGHT COASTER STEP, OUT, OUT, HOLD

17&18 Shuffle ¾ turn over left stepping left, right, left
19-20 Rock forward right, recover left
21&22 Step back on right, step left beside right, step forward right
&23-24 Step left out to side, step right out to side, hold

IN, IN, HOLD, HEEL JACK & CROSS, HEEL JACK AND STEP, KNEES RIGHT, RECOVER

&25-26 Step right in, step left in, hold (legs are now together)
&27&28 Step left to side, touch right heel forward, step right beside left, cross left over right
&29&30 Step right to side, touch left heel forward, step left beside right, step right beside left

Easy option for beginners: replace heel jacks (&27-30) with tap right heel to diagonal, recover and repeat on left

31-32 Swivel knees to right (lifting heels and bending knees), recover center

REPEAT
