

Sugarfoot Shuffle

拍數: 32 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: What's the Dang Deal - The Bellamy Brothers



RIGHT SUGARFOOT, FORWARD SHUFFLE, LEFT SUGARFOOT, FORWARD SHUFFLE-REPEAT TWICE

1-2 Turn right toes in toward left instep and touch, turn right heel in toward left instep and touch
3&4 Step right foot forward, step left foot together, step right foot forward
5-6 Turn left toes in toward right instep and touch, turn left heel in toward right instep and touch
7&8 Step left foot forward, step right foot together, step left foot forward

1-2 Turn right toes in toward left instep and touch, turn right heel in toward left instep and touch
3&4 Step right foot forward, step left foot together, step right foot forward
5-6 Turn left toes in toward right instep and touch, turn left heel in toward right instep and touch
7&8 Step left foot forward, step right foot together, step left foot forward

RIGHT FORWARD, ½ LEFT, STOMP RIGHT, LEFT TOGETHER

1-2 Step right foot forward, pivot ½ left (weight ends on left foot)
3-4 Stomp right foot together, stomp right foot together

VINE RIGHT 2, TRIPLE STEP, VINE LEFT 2, TRIPLE STEP WITH ¼ LEFT

1-2 Step right foot to right side, cross left foot behind right and step
3&4 Step right foot to right side, step left foot together, step right foot together
5-6 Step left foot to left side, cross right foot behind left and step
7&8 Turn ¼ left and step left foot forward, step right foot together, step left foot together

RIGHT HEEL, HOOK, HEEL, HOLD

1-2 Touch right heel forward, hook right foot across left shin
3-4 Touch right heel forward, hold (weight remains on left foot)

REPEAT

For a fun variation & total (organized) chaos on the dance floor, try the Out of Line Dancers' "bumper cars" version of the dance. For the 1st 16 counts of each wall when doing the forward shuffles, try shuffling forward or backward going in ANY direction, watching that you do not collide with any other dancers, ending facing the correct wall to do your ½ left pivot turn. Complete the dance as written, and then start over again traveling anywhere on the floor, looking out for the other "bumper cars"!
