

# CT Sugar Shuffle

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Sally Shock (USA) & Liz Bogan (USA)  
音樂: Dust on the Bottle - David Lee Murphy



## HEEL-BALL-CROSS, FORWARD SHUFFLES WITH ½ TURN

1            Touch right heel forward  
&            Step next to left on ball of right  
2            Cross step left over right  
3            Touch right heel forward  
&            Step next to left on ball of right  
4            Cross step left over right  
5            Step forward on right  
&            Step left next to right  
6            Step forward on right  
7            Step forward on left ¼ turn to the right  
&            Pivot ¼ turn right on left stepping right next to left  
8            Step back on left

## HEEL-BALL-CROSS, FORWARD SHUFFLES WI ½ TURN

1            Touch right heel forward  
&            Step next to left on ball of right  
2            Cross step left over right  
3            Touch right heel forward  
&            Step next to left on ball of right  
4            Cross step left over right  
5            Step forward on right  
&            Step left next to right  
6            Step forward on right  
7            Step forward on left ¼ turn to the right  
&            Pivot ¼ turn right on left stepping right next to left  
8            Step back on left

## SUGAR PUSH FORWARD, TRIPLE STEP SAILOR SHUFFLE

1            Step forward on right  
2            Step forward on left  
3            Touch right toes behind left  
4            Take a large step back on right  
5            Step left next to right  
&            Step right in place  
6            Step left in place  
7            Step behind left on right  
&            Step to left on left  
8            Step home on right

## SUGAR PUSH BACK, TRIPLE STEP SAILOR SHUFFLE

1            Step back on left  
2            Step back on right  
3            Touch left next to right  
4            Take a large step forward on left  
5            Step right next to left

- & Step left in place
- 6 Step right in place
- 7 Step behind right on left
- & Step to right on right
- 8 Step ¼ turn left on left

### **SYNCOPATED TOE TOUCHES SIDE SHUFFLE, ROCK STEP**

- 1 Touch toes of right forward
- & Slide right home
- 2 Touch toes of left forward
- & Slide left home
- 3 Touch toes of right forward
- & Slide right home
- 4 Cross step left over right
- 5 Step to right on right
- & Slide left next to right
- 6 Step to right on right
- 7 Rock step back on left
- 8 Rock forward onto right

### **SYNCOPATED TOE TOUCHES, SIDE SHUFFLE, ROCK STEP**

- 1 Touch toes of left forward
- & Slide left home
- 2 Touch toes of right forward
- & Slide right home
- 3 Touch toes of left forward
- & Slide left home
- 4 Cross step right over left
- 5 Step to left on left
- & Slide right next to left
- 6 Step to left on left
- 7 Rock step back on right
- 8 Rock forward onto left

### **SYNCOPATED HIP BUMPS**

- 1 Step back at an angle on right and bump hips
- 2 Bump hip to left and forward
- 3 Bump hips to right and back
- & Bump hips to left and forward
- 4 Bump hips to right and back
- 5 Step back at an angle on left and bump hips
- 6 Bump hips right and forward
- 7 Bump hips left and back
- & Bump hips right and forward
- 8 Bump hips left and back

### **SYNCOPATED HIP BUMPS**

- 1 Step back at an angle on right and bump hips
- 2 Bump hip to left and forward
- 3 Bump hips to right and back
- & Bump hips to left and forward
- 4 Bump hips to right and back
- 5 Step back at an angle on left and bump hips
- 6 Bump hips right and forward

- 7 Bump hips left and back
- & Bump hips right and forward
- 8 Bump hips left and back

**REPEAT**

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