

CT Sugar Shuffle

COPPERKNOB
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
