

Sugar Town

COPPER KNOB
STEPSHEETS

拍數: 44 牆數: 4 級數: Intermediate - with Options
編舞者: Irene Groundwater (CAN) - April 2012
音樂: Sugar Town - Nancy Sinatra : (DVD: Sugar Town)



Intro: 16 counts - Dance Pattern: Intro, (1 – 44) x 2, (1 – 32) - Restart dance pattern. (1 – 44) x 2, (1 – 24)

[1-8] (HEEL, HITCH D. FWD, LOCK, D. FWD) X 2

1-2 Touch R Heel diag forward, Hitch R Heel over L Knee
3&4 R diag fwd, Lock L behind R, R diag forward
5-6 Touch L Heel diag forward, Hitch L Heel over R Knee
7&8 L diag fwd, Lock R behind L, L diag forward

[9-16] CROSS BALL CHANGES MOVING DIAG BACK

1 Step right across in front of left.
&2 Step on ball of left to left side and diag. back, cross right over left
&3 Step on ball of left to left side and diag. back, cross right over left
&4 Step on ball of left to left side and diag back, Straighten body with R back
5 Step L over R
&6 Step on ball of R to right side and diag back, Cross L over R
&7 Step on ball of R to right side and diag back, Cross L over R
&8 Step on ball of R to right side and diag back, Straighten body with L back

[17-24] SIDE TRIPLE, PIVOT ½ TURN R WITH SIDE TRIPLE, SIDE TRIPLE, PIVOT ½ TURN L WITH SIDE TRIPLE

1&2 Side R, Step L beside R, Side R,
3&4 Pivot ½ turn right as you step L, Step R beside L, Side step L
5&6 Side R, Step L beside R, Side R,
7&8 Pivot ½ turn left (back turn) as you Side step L, Step R beside L, Side L

(Option – for people who hate turns – Vine right with a touch, Vine left with a touch.)

(2nd Option – leaving out the triples, Side, touch, ½ turn right with Side step, Touch)

(2nd Option – leaving out the triples, Side, touch, ½ turn left with Side step, Touch)

[25-32] SIDE, DRAG, DRAG, TOUCH, ¼ TURN L, DRAG, DRAG, TOUCH

1-2-3-4 Large R Side step, Drag L towards R for 2 counts, Touch L beside R
5 Pivot ¼ turn left on R Ball as you Side step L
6-7-8 Drag R towards L for 2 counts, Touch R Ball beside L instep

RESTART HAPPENS HERE

[33-40&] - 2 CHUG STEPS, FWD SHUFFLE, FWD, (½ TURN R) X 3, TOG.

1 Step right forward and slide left toe up next to right foot (weight on right, left knee will be slightly bent).
2 Step left forward and slide right toe up next to left foot (weight on left, right knee will be slightly bent).
3&4 R fwd shuffle
5-6 L fwd, ½ turn right onto R,
7-8& L back making ½ turn right, R fwd making ½ turn right on step, Step L beside R

(Option – For people who hate turns– On counts 7-8 & – L forward, R forward, Step L beside R)

[41-44] SWAY, HOLD, SWAY, HOLD

1-2-3-4 Sway R, Hold, Sway L, Hold

BEGIN AGAIN

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