

Sugar Foot Shuffle

拍數: 64 牆數: 2 級數: Beginner / Improver
編舞者: Linda Nyholm (CAN) - July 2012
音樂: Rose Garden - Lynn Anderson



Intro: 16 counts—start on 'Pardon'

Note: This is a 32 count dance—the second 32 is a mirror of the first— all left foot steps become right foot steps and vice-versa.

[1-8] Left & right sugar foot, shuffle in place

1-2-3&4 Point left toe to right instep, left heel to right instep, shuffle L-R-L in place

5-6-7&8 Point right toe to left instep, right heel to left instep, shuffle R-L-R in place

[9-16] Vine 2 left, shuffle ¼, pivot ¼, shuffle

9-10-11&12 Step left to side, right behind left, shuffle L-R-L, turning ¼ to left

13-14-15&16 Step fwd right, pivot ¼ to left, recover to left, shuffle fwd R-L-R

[17-24] Left sugar foot, shuffle, walk, pivot

17-18-19&20 Point left toe to right instep, left heel to right instep, shuffle L-R-L in place

21-24 Walk right, left, step fwd on right, pivot ¼ to left. Recover to left

[25-32] Right sugar foot, shuffle, pivot, recover, shuffle

25-26-27&28 Point right toe to left instep, right heel to left instep, shuffle R-L-R in place

29-30-31&32 Step fwd L, pivoting ¼ right., recover to right, shuffle L-R-L in place

SECOND HALF OF DANCE

[1-8] Right & Left sugar foot, shuffle in place

1-2-3&4 Point right toe to left instep, right heel to left instep, shuffle R-L-R in place

5-6-7&8 Point left toe to right instep, left heel to right instep, shuffle L-R-L in place

[9-16] Vine 2 right, shuffle ¼, pivot ¼, shuffle

9-10-11&12 Step right to side, left behind right, shuffle R-L-R, turning ¼ to right

13-14-15&16 Step fwd left, pivot ¼ to right, recover to right, shuffle fwd L-R-L

[17-24] Right sugar foot, shuffle, walk, pivot

17-18-19&20 Point right toe to left instep, right heel to left instep, shuffle R-L-R in place

21-24 Walk left, right, step fwd on left, pivot ¼ to right, recover to right

[25-32] Left sugar foot, shuffle, pivot ¼, shuffle

25-26-27&28 Point left toe to right instep, left heel to right instep, shuffle L-R-L in Place

29-30-31&32 Step right fwd, pivoting ¼ left, recover to left, shuffle R-L-R in place