

# Sugar Mama

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Robbie McGowan Hickie (UK) - December 2012  
音樂: Bring On the Teardrops - Boy Howdy



## 16 Count intro

Alt.: "Sugar and Pai" by The Boots Band (132 bpm...16 Count intro)  
Both tracks available as Download from iTunes

### Chasse Right. Back Rock. 4 Count Vine Left.

1&2      Step Right to Right side. Close Left beside Right. Step Right to Right side.  
3 – 4      Rock back on Left. Rock forward on Right.  
5 – 8      Step Left to Left side. Cross Right behind Left. Step Left to Left side. Cross step Right over Left.

### Chasse Left. Back Rock. Vine Right with 1/4 Turn Right. Scuff.

1&2      Step Left to Left side. Close Right beside Left. Step Left to Left side.  
3 – 4      Rock back on Right. Rock forward on Left.  
5 – 6      Step Right to Right side. Cross Left behind Right.  
7 – 8      Make 1/4 turn Right stepping forward on Right. Scuff Left forward. (Facing 3 o'clock)

### Forward Rock. Step Back. Cross. Back. Side. Cross Rock.

1 – 2      Rock forward on Left. Rock back on Right.  
3 – 4      Step back on Left. Cross step Right over Left.  
5 – 6      Step Left Diagonally back Left. Step Right to Right side.  
7 – 8      Cross rock Left over Right. Rock back on Right.

### 1/4 Turn Left. Hold. Step. Pivot 1/2 Turn Left. 2 x Walks Forward. Step. Pivot 1/2 Turn Left.

1 – 2      Make 1/4 turn Left stepping forward on Left. Hold.  
3 – 4      Step forward on Right. Pivot 1/2 turn Left. (Facing 6 o'clock)  
5 – 6      Walk forward on Right. Walk forward on Left.  
7 – 8      Step forward on Right. Pivot 1/2 turn Left. (Facing 12 o'clock)

### Diagonal Step Forward. Together. Heel Swivel. Diagonal Step Forward. Touch. Step Back. Touch.

1 – 2      Long step Right Diagonally forward Right. Slide Left beside Right.  
3 – 4      Swivel both heels out to Right side. Swivel both heels back to centre. (Weight on Right)  
5 – 6      Step Left Diagonally forward Left. Touch Right toe beside Left.  
7 – 8      Step Right Diagonally back Right. Touch Left toe beside Right.

### Left Side Rock. Recover 1/4 Turn Right. Step Forward. Hold. Forward Rock. 2 x 1/2 Turns Right.

1 – 2      Rock Left out to Left side. Recover weight on Right making 1/4 turn Right.  
3 – 4      Step forward on Left. Hold. (Facing 3 o'clock)  
5 – 6      Rock forward on Right. Rock back on Left.  
7 – 8      Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.

Easier option: Counts 7 – 8 above ... Step back on Right. Step back on Left.

### Back Rock. 2 x Heel Grinds Forward. Step. Pivot 1/4 Turn Left.

1 – 2      Rock back on Right. Rock forward on Left.  
3 – 4      Dig Right heel forward – toes pointing Left. Grind heel fanning toes Right, taking weight on Right.  
5 – 6      Dig Left heel forward – toes pointing Right. Grind heel fanning toes Left, taking weight on Left.

7 – 8 Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock)

**Cross. 2 x 1/4 Turns Right. Cross. Dwight Swivels Right.**

- 1 – 2 Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
- 3 – 4 Make 1/4 turn Right stepping Right to Right side. Cross step Left over Right.
- 5 Swivel Left heel Right touching Right toe beside Left.
- 6 Swivel Left toe Right touching Right heel Diagonally forward Right.
- 7 Swivel Left heel Right touching Right toe beside Left.
- 8 Swivel Left toe Right touching Right heel Diagonally forward Right.

**Start Again**

**Contact: [www.robbiemh.co.uk](http://www.robbiemh.co.uk)**

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