

# Sugar in My Sweet Tea

COPPER KNOB  
BY SHEETS

Count: 32

Wall: 3

Level: Intermediate

Choreographer: Sheila Pfaff (USA) - February 2020

Music: Sweet Tea - Ac Thomas : (Album: Paradox; - iTunes, Spotify)



**Intro: 16 counts after introductory words**

**Restarts: 3 (Second restart comes after Tag 1.)**

**Tags: 2**

## **[1-8] MOVING FORWARD: STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, 1/8 TURN PIVOTS MAKING 1/2 TURN L (can do regular pivots if desired)**

- 1&2& Step R forward (1), touch L next to R (&), step L forward (2), touch R next to L (&)  
3&4& Step R forward (3), touch L next to R (&), step L forward (4), touch R next to L (&)  
5&6& Turn 1/8 left pointing R to right side while swiveling L heel right (5), touch R beside left swiveling L heel left (&), turn 1/8 left pointing R to right side while swiveling L heel right {9:00} (6), touch R beside left swiveling L heel left (&)  
7&8 Turn 1/8 left pointing R to right side while swiveling L heel right (7) touch R beside left swiveling L heel left (&), point R to right side {6:00} (8)

## **[9-16] R VAUDEVILLE, L VAUDEVILLE, CROSS & CROSS & ROCK & 1/4 TURN L, STEP**

- 1&2& Cross R over L (1), step L back (&), touch R heel forward (2), step R beside L (&)  
3&4& Cross L over R (3), step R back (&), touch L heel forward (4), step L beside R (&)  
**(First restart and Tag 1 w/restart both start here facing 12:00.)**  
5&6& Cross R over L (5), step L to left side (&), cross R over L (6), step L to left side (&)  
7&8 Rock R over L (7), turn 1/4 left recovering weight L {3:00} (&), step R beside L (8)

## **[17-24] POINT & POINT & POINT, HITCH, STEP, ROCK & POINT, TURNING SAILOR 1/4 R**

- 1&2& Point L to left side (1), step L beside R (&), point R to right side (2), step R beside L (&)  
3&4 Point L to left side (3), hitch L (&), step L beside R (4)  
5&6 Rock R behind L (5), recover weight L (&), point R to right side (6)  
7&8 Cross R behind L (7), make 1/4 turn right stepping L beside R {6:00} (&), step R to right side (8)

## **[25-32] SHUFFLE L FORWARD, TURN 1/4 R & SHUFFLE R FORWARD, ROCK FORWARD, ROCK SIDE, BEHIND, SIDE, FORWARD**

- 1&2 Step L forward (1), step R beside L (&), step L forward (2)  
3&4 Turn 1/4 right stepping R forward {9:00} (3), step L beside R (&), step R forward (4)  
**(Third restart starts here facing 6:00. Add an & count stepping L beside R.)**  
5&6& Rock L forward (5), recover weight R (&), rock L to left side (6), recover weight R (&)  
7&8 Cross L behind R (7), step R to right side (&), step L forward (8)

## **TAG 1: 48 COUNTS (ONE TIME ONLY FACING 12:00 TO START. RESTART DANCE FACING 9:00 AFTER TAG.)**

### **[1-8] STEP, HEEL SWIVELS, ROCK, RECOVER, STEP, STEP, HEEL SWIVELS, ROCK, RECOVER, STEP**

- 1&2 With hands on stomach step R forward (1), swivel heels out (&), swivel heels center (2)  
3&4 Rock L forward (3), recover weight R (&), step L beside R pushing hips back slightly with hands (4)  
5&6 Drop hands & step R forward (5), swivel heels out (&), swivel heels center (6)  
7&8 Rock L forward (7), recover weight R (&), step L beside R (8)

### **[9-16] BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOUCH, BACK, TOUCH, SWIVEL HEEL-TOE-HEEL OUT SLOWLY LEANING R, SWIVEL HEEL-TOE-HEEL IN STANDING UP**

- 1&2& Step R back diagonally right (1), touch L toe beside R (&), step L forward diagonally left (2), touch R toe beside L (&)

- 3&4& Step R forward diagonally right (3), touch L beside R (&), step L back diagonally left (4), touch R toe beside L (&)
- 5&6 Swivel R heel to right side (5), swivel R toes to right side (&), swivel R heel to right side (6) (slowly lean right during the R heel-toe-heel swivel out)
- 7&8 Swivel R heel left toward center (7), swivel R toes left toward center (&), swivel R heel left beside L (8) (slowly straighten up during the R heel-toe-heel swivel in)

**[17-24] POINT, STEP BACK 4X (R, L, R, L), 1/4 L SWIVELING HEELS R 4X**

- 1&2& Point R to right side (1), step R back (&), point L to left side (2), step L back (&)
- 3&4& Point R to right side (3), step R back (&), point L to left side (4), step L beside R (&)
- 5&6& Turn 1/16 left swiveling both heels right (5), swivel heels left straightening feet (&), turn 1/16 left swiveling both heels right (6), swivel heels left straightening feet {10:30} (&)
- 7&8& Turn 1/16 left swiveling both heels right (7), swivel heels left straightening feet (&), turn 1/16 left swiveling both heels right (8), swivel heels left straightening feet {9:00} (&)

**[25-32] STEP, HEEL SWIVELS, ROCK, RECOVER, STEP, STEP, HEEL SWIVELS, ROCK, RECOVER, STEP**

- 1&2 Step R forward (1), swivel heels out (&), swivel heels center (2)
- 3&4 Rock L forward (3), recover weight R (&), step L beside R (4)
- 5&6 Step R forward (5), swivel heels out (&), swivel heels center (6)
- 7&8 Rock L forward (7), recover weight R (&), step L beside R (8)

**[33-40] BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOUCH, BACK, TOUCH, SWIVEL HEEL-TOE-HEEL OUT SLOWLY LEANING R, SWIVEL HEEL-TOE-HEEL IN STANDING UP**

- 1&2& Step R back diagonally right (1), touch L toe beside R (&), step L forward diagonally left (2), touch R toe beside L (&)
- 3&4& Step R forward diagonally right (3), touch L beside R (&), step L back diagonally left (4), touch R toe beside L (&)
- 5&6& Swivel R heel to right side (5), swivel R toes to right side (&), swivel R heel to right side (6) (slowly lean right during the R heel-toe-heel swivel out)
- 7&8& Swivel R heel left toward center (7), swivel R toes left toward center (&), swivel R heel left beside L (8) (slowly straighten up during the R heel-toe-heel swivel in)

**[41-48] POINT, STEP BACK 4X (R, L, R, L), RUN FORWARD R, L, R, L, POINT & POINT &**

- 1&2& Point R to right side (1), step R back (&), point L to left side (2), step L back (&)
- 3&4& Point R to right side (3), step R back (&), point L to left side (4), step L beside R (&)
- 5&6& Run R forward (5), run L forward (&), run R forward (6), run L forward (&)
- 7&8& Point R to right side (7), step R beside L (&), point L to left side (8), step L beside R (&)

**TAG 2: 4 COUNTS (one time at the very end and the only time you start anything on wall 4 (3:00).)**

**[1-4] SHUFFLE R FORWARD, TURN 1/4 L & SHUFFLE L FORWARD, STEP**

- 1&2 Step R forward (1), step L beside R (&), step R forward (2)
- 3&4& Turn 1/4 left stepping L forward {12:00} (3), step R beside L (&), step L forward (4), step R beside L (&)

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