

Milk & Sugar

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Dave Morgan (UK) - March 2006

Musique: Let The Sun Shine In - Milk & Sugar



SAMBA STEPS FORWARD & BACK, SAMBA STEPS FORWARD & BACK, ¼ TURN RIGHT

- 1&2 Step forward on right, step ball of left beside right, step right in place
- 3&4 Step back on left, step ball of right beside left, step left in place
- 5-8 Repeat steps 1-4 making ¼ turn right

WALK RIGHT, LEFT ROCK BALL STEP, WALK LEFT, RIGHT ROCK BALL STEP

- 9-10 Step forward on right, step forward on left
- 11&12 Rock forward on right, rock back on to ball of left, step right beside left
- 13-14 Step forward on left, step forward on right
- 15&16 Rock forward on left, rock back on to ball of right, step left beside right

On the & count between steps 11&12 and steps 15&16 push hips back as if being hit in stomach

STEP ½ PIVOT, RIGHT SHUFFLE, ROCK RECOVER, COASTER STEP

- 17-18 Step forward on right, pivot ½ turn left (weight on left)
- 19&20 Step forward on right, close left beside right, step forward on right
- 21-22 Rock forward on left, recover on to right
- 23&24 Step back on left, step right beside left, step forward on left

BOTOFOGOS, ROCK RECOVER, CROSS SHUFFLE

- 25&26 Cross right over left, step ball of left to left side, step right in place
- 27&28 Cross left over right, step ball of right to right side, step left in place
- 29-30 Rock forward on right, recover onto left
- &31&32 Step right beside left, cross left over right, step right to right side, cross left over right

SIDE ROCK, RECOVER, BEHIND ½ SIDE, SAILOR STEP, HITCH BALL STEP

- 33-34 Rock right to right side, recover on to left
- 35&36 Step right behind left, making ½ turn left step forward on left, step right to right side
- 37&38 Step left behind right, step right beside left, step left to left side
- 39&40 Hitch right knee, step down on ball of right, step left slightly forward

STEP BALL STEPS, MAKING FULL TURN, BOTOFOGOS

- 41& Step right forward, making ¼ turn left, step ball of left in place
- 42-44& Repeat steps 41& (3 times) completing full turn left
- 45&46 Cross right over left, step ball of left to left side, step right in place
- 47&48 Cross left over right, step ball of right to right side, step left in place

Restart dance here on walls 2 & 4

ROCK & ¼, ROCK & ¼, STEP ½ PIVOT, SHUFFLE

- 49&50 Rock forward on right, recover on left, make ¼ turn right stepping forward on right
- 51&52 Rock forward on left, recover on right, make ¼ turn left stepping forward on left
- 53-54 Step forward on right, pivot ½ turn left (weight on left)
- 55&56 Step right forward, close left beside right, step right forward

ROCK & ¼, ROCK & ½, STEP ½ PIVOT, SHUFFLE

- 57&58 Rock forward on left, recover on right, make ¼ turn left stepping forward on left
- 59&60 Rock forward on right, recover on left, make ½ turn right stepping forward on right
- 61-62 Step forward on left, pivot ½ turn right (weight on right)

63&64

Step left forward, close right beside left, step left forward

REPEAT
