

Sugar Rush

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Danya Svir (USA) & Ashlee Karras (USA) - May 2025
音乐: Now and Later - Sage the Gemini



Intro: 16 counts

Tag: 32-count tag after 7th wall, starts facing 3:00, ends facing 9:00

****Could be classified as a 64-count phrased dance with phrasing AAAAAABAA****

Phrase A

Section 1 [1-8] Cross Shuffle, Sweep, Weave

1&2 Cross RF in front of LF, step ball of LF to L, cross RF in front of LF
&3&4 Step ball of LF to L, cross RF in front of LF, step ball of LF to L, cross RF in front of LF
5 Sweep LF around from back to front
6&7&8 Cross LF in front of RF, step RF to R, step LF behind RF, step RF to R, cross LF in front of RF

On wall 1, start on the & before 1 by stepping ball of LF to L

Section 2 [9-16] Scuff Stomp, Toe Heel Swivels, Hitch, ¼ Hitch, Coaster Step

&1 Scuff RF to R, stomp RF out to R
2&3&4& Shift R toe to L, shift R heel to L, shift R toe to L, shift R heel to L, shift R toe to L, shift R heel to L
5&6 Hitch R knee, lower R leg, ¼ turn R while hitching R knee again (3:00)
7&8 Step RF back, step LF next to RF, step RF fwd

Section 3 [17-24] Kick Ball Point, Hip Sway x3, Step Touch, Press Flick

1&2 Kick LF fwd, step LF next to RF, point R toe out to R
3-4 Sway hips to R transferring weight to RF, sway hips to L transferring weight to LF
5&6 Sway hips to R transferring weight to RF, step LF next to RF, touch RF to R
7-8 Shift weight to RF, ¼ turn L while flicking RF back (12:00)

Section 4 [25-32] Shuffle Step, Step Pivot, Slide, Heel Pop, Hop/Kick

1&2 Step RF fwd, step LF together, step RF fwd
3-4 Step LF fwd, ½ turn pivot over R shoulder shifting weight to RF (6:00)
5-6 Turn ¼ R stepping LF to L and sliding RF towards LF (9:00), step RF next to LF
&7-8 Lift both heels while bending knees, drop heels, hop onto LF while kicking RF to R

Phrase B (Tag)

Starts facing 3:00, ends facing 9:00

Section 1 [1-8] Cross Steps, Hip Sway x2, Side Glide

1-2 Cross RF in front of LF, step LF to L
3-4 Cross RF in front of LF, ¼ turn L stepping LF to L (12:00)
5-6 Sway hips to R, sway hips to L
&7-8 Drag R toe towards LF, shift weight onto RF pushing/sliding LF diagonally back, shift weight onto LF

Section 2 [9-16] Cross ½ Bouncing Unwind, ½ Walkaround

1-2 Cross LF in front of RF, begin unwind ½ R while bouncing heels
3-4 Continue unwind ½ R while bouncing heels, finish unwind ½ R while bouncing heels (6:00)
5-6-7-8 Complete a ½ turn over R shoulder stepping fwd on RF, LF, RF, LF (12:00)

Section 3 [17-24] Boogie Walk x4, Press Step Together x2

1-2 Boogie walk RF fwd, boogie walk LF fwd
3-4 Boogie walk RF fwd, boogie walk LF fwd
5&6 Press RF fwd, recover back onto LF, step RF together
7&8 Press LF fwd, recover back onto RF, step LF together

Boogie walks can be simplified to fwd steps or camel walks

Section 4 [25-32] Rock-Recover, Replace Out Bounce, $\frac{3}{4}$ Paddle Turn R, Full Paddle Turn L, Hop/Kick

1-2 Step RF to R popping L toe to L, recover onto LF
&3-4 Replace LF with RF, step LF to L popping R toe to R, hip bounce
&5&6 Shift weight to R while turning $\frac{1}{4}$ R (3:00), press LF to L, $\frac{1}{2}$ turn R while shifting weight to RF (9:00), press LF to L
&7&8& Turn $\frac{1}{2}$ L while shifting weight to RF (3:00), press LF to L, turn $\frac{1}{2}$ L while shifting weight to RF (9:00), press LF to L, hop onto LF while kicking RF to R

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