Sweet & Sassy (P)

拍数: 48

级数: Partner

编舞者: Alice Daugherty (USA) & Tim Hand (USA)

音乐: Sugar - Sammy Kershaw

Position: Facing Outside Line Of Dance (Man behind lady)

LINDY BASIC

- 1&2 Shuffle to the left, left-right-left
- 3-4 Rock back on right, recover left
- 5&6 Shuffle to the right, right-left-right
- 7-8 Rock back on left, recover right

VINE WITH 1/4 TURN LEFT, BRUSH RIGHT, ROCK STEP TWICE

- 1-2 Step to the left side with left foot, step right foot behind left
- 3-4 Step left foot to side making 1/4 turn left (facing LOD), brush right foot
- 5-6 Rock forward right foot, recover left
- Option: body roll

7-8 Repeat 5-6

SHUFFLE FORWARD (LADY'S TURN), SHUFFLE BACK (MAN) FORWARD (LADY) ROCK STEP

- 1&2 Shuffle forward right-left-right
- 3-4 MAN: Rock step forward on left, recover on right
- LADY: Step forward on left, pivot ¹/₂ turn to right switching weight to right

Hands: man drops lady's left hand end up right to right

- 5&6 Shuffle (back for man) (forward for lady) left-right-left
- 7-8 Rock step, (back for man) (forward for lady), recover on left

SHUFFLE BACK (LADY) (MAN) TURN, ROCK STEP, STEP TURN, SHUFFLE FORWARD

- 1&2 LADY: Shuffle back right-left-right
 - MAN: Shuffle 1/2 turn left-right-left-right

Hands: man's right hand is behind back with lady's right hand. Pick up left hand

- 3-4 BOTH: Rock step back left, recover right
- 5-6 Step forward left, pivot 1/2 turn right switching weight to right

Hands: man raises left hand over his head. Pick up right hand in Side By Side Position

7&8 Shuffle forward left-right-left

1/4 TURN VINE RIGHT, STEP TOUCH TWICE

1-2 Step right to side making 1/4 turn left (facing ILOD), step left foot behind right

Hands: man drops lady's left, takes right hand over her head and picks up lady's left hand behind. Man should be in front of lady.

- 3-4 Step right foot to side, step left foot slightly forward
- Step right foot forward, touch left foot behind right 5-6

Styling: angle body to left

7-8 Step back left, touch right next to left

HIP BUMPS WITH TURNS

- 1&2 Bump hips to right, bump hips left, bump hips to right (take weight on right)
- 3&4 Bump hips to left, bump hips right, bump hips to left (take weight on left)
- 5&6 Bump hips to right making 1/4 turn right, bump hips to left, bump hips to right (take weight on right)

Styling: on count 5 only prep right foot 1/4 turn. Man should stay directly in front of lady





墙数:0

Hands: on count &6 raise right hand up

7&8 Pivot ¼ turn to right on the ball of right foot and bump hips to left, bump hips to right, bump hips to left weight remains on right

Hands: drop left hand on count 7. Take right hand over lady's head and pick up left hand on & count. On count 8 you should be facing OLOD (starting position)

REPEAT