

Sugar Coat

拍數: 48 牆數: 2 級數: Improver
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音樂: Sugar Coat - Little Big Town : (Album: Nightfall)



Intro : 16 counts

[1-8] SWAY R&L, SHUFFLE R, SWAY L&R, SHUFFLE L

1-2 Step right to right swinging to right, step left to left swinging to left
3&4 Step right to right, step left next to right, step right to right
5-6 Step left to left swinging to left, step right to right swinging to right
7&8 Step left to left, step right next to left, step left to left

[9-16] CROSS R, SIDE L, SAILOR STEP R, SIDE L, TOGETHER, SHUFFLE STEP L

1-2 Cross over left, step left to left
3&4 Step right behind left, step left to left, step right to right
5-6 Step left to left side, step right next to left
7&8 Step left forward, bring right together next to left, step forward on left

Restart on the 5rd wall after 16 counts (starts on the 6 o'clock wall and restarts on the 6 o'clock wall)

[17-24] SIDE R, TOGETHER, SHUFFLE BACK R, SWEEP L, SWEEP R, ANCHOR STEP

1-2 Step right to right, bring left together next to right
3&4 Step right back, step left next to right, step back right
5-6 Sweep left forward to back, sweep right forward to back
7&8 Step left crossed behind right, come back to support right, step left slightly back

[25-32] SIDE ROCK R, BEHIND SIDE CROSS, SIDE L, TOGETHER, SHUFFLE STEP L

1-2 Step right to right, come back to support left
3&4 Step right behind left, step left to left side, cross right over left
5-6 Step left to left side, right together next to left
7&8 Step left forward, bring right together next to left, step forward on left

Restart on the 3rd wall after 32 counts (starts on 12 o'clock wall and restart on the 12 o'clock wall)

[33-40] STEP 1/2 TURN L, SHUFFLE STEP R, TRAVELLING PIVOT, MAMBO L

1-2 Step right forward, ½ turn left (step left) (6h)
3&4 Step right forward, bring left together next to right, step forward on right
5-6 (Full turn) ½ turn right stepping left behind, ½ to right stepping right forward
7&8 Step left to left, recover on right, step left next to right

[41-48] SIDE ROCK R, BEHIND SIDE CROSS L, SIDE ROCK L, SAILOR STEP L

1-2 Step right to right, come back to support left
3&4 Step right behind left, step left to left side, cross right over left
5-6 Step left to left, come back to support right
7&8 Step left behind, step right to right, step left to left

RESTART THE DANCE AT THE BEGINNING AND KEEP SMILING!!