

Sugar Pie

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Michael O'Keefe (UK) & Aimee Azzopardi (UK)
音樂: I Can't Help Myself (Sugar Pie, Honey Bunch) - Four Tops



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|-----|---|
| 1&2 | Kick right foot forward, step out sideways right to right side and left to left side (weight on left foot) |
| 3-4 | Two hip bumps to right (shoulders right, left, right) |
| 5-6 | Left toe strut to left side |
| 7-8 | Right toe strut diagonally over left foot |
| | |
| 1-2 | Kick left foot forward (arms pushed straight out in front, chest level with palms facing out), kick left foot to left side (left arm to left side, right arm to right as above) |
| 3&4 | Left sailor step |
| 5-8 | Repeat 1-4 on right side, taking ¼ turn right on &8 |
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| 1&2 | Shuffle sideways left, right, left |
| 3-4 | Rock back on right, replace weight on left |
| 5-6 | Step on right taking 1.4 turn to left |
| 7-8 | Two hip swivels (arms in lasso movement above head twice) |
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| 1-2 | Take ¼ turn left with a knee pop |
| 3-4 | Take ¼ turn back to the front with a knee pop |
| 5-6 | On ball of left foot do 2 hip bumps forward, shoulders right, left, right |
| 7-8 | Step on right taking ½ turn over left shoulder, on ball of left foot cross left foot in front of right |
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| 1&2 | Shuffle forward left, right, left |
| 3&4 | Step forward on right, take ½ turn over left shoulder with 3 heel bounces, replace weight on right |
| 5-6 | Step forward on left, close right behind left |
| 7-8 | Step back on right with a back body roll |
| | |
| 1-2 | Step left foot diagonally in front of right |
| 3-4 | Kick right foot diagonally forward (over left) |
| 5&6 | Taking ½ turn over right shoulder with 3 paddle steps |
| 7-8 | Close left beside right and replace weight on left |

REPEAT