

Sugarfoot Shuffle (P)

COPPERKNOB
STEPPERS

拍數: 35 牆數: 0 級數: Partner
編舞者: Rick Stearns (USA) & Kathy Stearns (USA)
音樂: Snap Your Fingers - Ronnie Milsap



Position: For couples, man's right arm is across lady's shoulders holding her right hand. Left hands are not joined. Partners both start on right foot.

SHUFFLE, SHUFFLE, WALK, WALK, REPEAT

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5-6 Walk forward, right, left
7-12 Repeat 1-6.

STEP, HIP PUSHES, STEP, STEP, HIP PUSHES

13 Step forward on right foot to 1:00, weight on it. Right shoulder forward also. Feet should be parallel.
14-15 Keeping weight on right, do 2 hip pushes forward.
16 Step left in place, shifting weight to it.
17 Step back on right foot to 5:00, weight on it. Feet should be parallel.
18-19 Keeping weight on right, do 2 hip pushes to the back.

STEP LEFT, RIGHT, LEFT, TOUCH

20-23 **MAN:** Step left, right, left making a $\frac{1}{4}$ turn to right. Touch right toe next to left. Man will be directly behind lady facing outside of circle.
LADY: Step left, right, left turning $\frac{3}{4}$ left under the man's right arm. Touch right toe next to left.. Will face outside of circle.

STEP, WING, VINE LEFT, KNEE HUG WITH $\frac{1}{4}$ TURN LEFT (BOTH)

24-25 Step right to side. Touch left toe behind right foot (right wing)
26 Step left to side.
27 Cross right behind left.
28 Step left to side.
29 Bring right leg up to left in knee hug, pivoting $\frac{1}{4}$ to left on ball of left.

SHUFFLE, HEEL, HOME, BALL CHANGE

30&31 Shuffle forward right, left, right
32-33 Touch left heel forward. Step left next to right.
34 With right, do a ball change: step back on ball of right putting weight on it. At same time, lift left off the floor.
35 Step down on left transferring weight to it again.

REPEAT

If done as singles, dance side by side, no hand hold. Ladies do lady's part