Sugarfoot Twist



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Marjo Ranta (FIN)

音樂: Born to Boogie - Hank Williams, Jr.



STEPS AND HOOKS

1-3 Walk diagonally forward to the left: right, left, right

4 Cross left foot behind right foot
5-7 Walk back: left, right, left
8 Cross right foot in front on left

9-11 Walk diagonally forward to the right: right, left, right

12 Cross left foot behind right foot 13-15 Walk back: left, right, left 16 Cross right foot in front on left

SUGARFOOTS

17-19 Twist with the left foot20 Step right down

21-23 Twist with the right foot

24 Step left down

TOE TOUCHES

Touch right toe diagonally forward to the right
Touch right toe diagonally in the back to the left
Touch right toe to the right
Step right foot beside left foot
Touch left toe diagonally forward to the left
Touch left toe diagonally in the back to the right
Touch left toe to the left
Step left foot beside right foot

KICKS WITH TURNS

33 Kick forward with the right foot 34 Make a circle with the right foot to the back and turn at the same time half a turn right 35 Touch left toe to the left 36 Step left foot beside right foot 37 Kick forward with the right foot 38 Make a circle with the right foot to the back and turn at the same time half a turn right 39 Touch left toe to the left Step left foot beside right foot 40

TWISTING

41-48 Twist left foot while making ½ turn left

GRAPEVINE RIGHT, SWIVELS, GRAPEVINE LEFT, SWIVELS

49-50	Step to the right on the right foot, step the left foot behind the right
51-52	Step to the right on the right foot, step left foot beside right foot
53-56	Turn the toes to the right, turn toes back, repeat
57-58	Step to the left on the left foot, step the right foot behind the left
59-60	Step to the left on the left foot, step right foot beside left foot
61-64	Turn the toes to the left, turn the toes back, repeat