

BASIC SUGAR PUSH

- 1 - 2 Step forward on right, step forward on left
3 - 4 Touch (tap) right toes behind left, step back on right

COASTER STEP, POINT & HOLD

- 5 & Step back on left, step right beside left
6 Step forward on left
7 - 8 Point right toes to the right, hold

SLIDE RIGHT, POINT & HOLD, SHUFFLE WITH 1/4 TURN

- & Slide right beside left
9 - 10 Point left toes to the left, hold
11 & Step left foot back making 1/4 turn left, step right beside left
12 Step left beside right

BASIC SUGAR PUSH

- 13 - 14 Step forward on right, step forward on left
15 - 16 Touch (tap) right toes behind left, step back on right

COASTER STEP, POINT & HOLD

- 17 & Step back on left, step right beside left
18 Step forward on left
19 - 20 Point right toes to the right, hold

SLIDE RIGHT, POINT & HOLD, SAILOR STEP

- & Slide right beside left
21 - 22 Point left toes to the left, hold
23 & Step left behind right, step right to the side
24 Left to the side

SAILOR STEP, BACKWARDS MASHED POTATOES

- 25 & Step right behind left, step left to the side
26 Step right to the side
& 27 Step ball of left foot behind right while lifting right on to ball of foot, pivot both heels in
& 28 Pivot both heels out, pivot both heels in
& Step ball of right foot behind left staying on ball of left foot

BACKWARDS MASHED POTATOES

- 29 & Pivot both heels in, pivot both heels out
30 & Pivot both heels in, step ball of left foot behind right while lifting right on to ball of foot
31 & Pivot both heels in, pivot both heels out
32 Pivot both heels in

/You can substitute small backwards shuffle steps for mashed potatoes

SIDEWAYS SHUFFLE, QUICK 1/2 PIVOT, SIDEWAYS SHUFFLE

- 33 & Step right to the right, step left next to right
34 & Step right to the right, on ball of right foot pivot 1/2 turn to the right
35 & Step left to the left, step right next to left
36 Step left to the left

SIDEWAYS SHUFFLE, QUICK 1/2 PIVOT, SIDEWAYS SHUFFLE

- 37 & Step right to the right, step left next to right
38 & Step right to the right, on ball of right foot pivot 1/2 turn to the right
39 & Step left to the left, step right next to left
40 Step left to the left

KICK, KICK, 1/2 SWING TURN, STEP DOWN RIGHT

41 - 42 Kick right foot forward, kick right foot forward
43 - 44 Swing right foot around pivoting 1/2 turn right on ball of left foot, step weight to right

STEP, SLIDE, HITCH, TAP HEEL

45 - 46 Step big step left keeping right toe pointed right and left knee slightly bent, slide right next to left
47 - 48 Hitch right while raising left heel, tap left heel down

/Alternate for 47 step right next to left 48 step left next to right

REPEAT

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