

Milk & Sugar

64 count, 4 wall, intermediate level

Choreographer: 'Diddy' Dave Morgan (UK)

March 2006

Choreographed to: Let The Sun Shine In by Milk and Sugar featuring Lizzy Pattinson, Remix 2005

SAMBA STEPS FORWARD & BACK. SAMBA STEPS FORWARD & BACK ,1/4 TURN RIGHT

1&2 Step forward on right. (1) Step ball of left beside right (&) Step right in place.(2)

3&4 Step back on left. (3)Step ball of right beside left (&) Step left in place. (4)

5 – 8 Repeat steps 1 -4 making ¼ turn right.

WALK R, L ROCK BALL STEP. WALK L,R ROCK BALL STEP.

9-10 Step forward on right.(9) Step forward on left.(10)

11&12 Rock forward on right. (11) Rock back on to ball of left. (&) Step right beside left. (12)

13-14 Step forward on left. (13) Step forward on right. (14)

15&16 Rock forward on left. (15) Rock back on to ball of right. (&) Step left beside right. (16)

NOTE : ON the & count between Steps 11&12 and Steps 15&16 Push hips back as if being hit in stomach!

STEP ½ PIVOT. RIGHT SHUFFLE, ROCK RECOVER, COASTER STEP.

17-18 Step forward on right. (17) Pivot ½ turn left. (Weight on left) (18)

19&20 Step forward on right. (19) Close left beside right. (&) Step forward on right. (20)

21 -22 Rock forward on left. (21) Recover on to right. (22)

23&24 Step back on left. (23) Step right beside left (&) Step forward on left. (24)

BOTA FOGOS. ROCK RECOVER, CROSS SHUFFLE.

25&26 Cross right over left. (25) Step ball of left to left side. (&) Step right in place. (26)

27&28 Cross left over right. (27) Step ball of right to right side. (&) Step left in place. (28)

29 -30 Rock forward on right. (29) Recover onto left. (30)

&31&32 Step right beside left. (&) Cross left over right. (31) Step right to right side. (&) Cross left over Right. (32)

SIDE ROCK, RECOVER, BEHIND ½ SIDE, SAILOR STEP, HITCH BALL STEP.

33-34 Rock right to right side. (33) Recover on to left. (34)

35&36 Step right behind left. (35) Making ½ turn left step forward on left. (&) Step right to right side(36)

37&38 Step left behind right. (37) Step right beside left. (&) Step left to left side. (38)

39 &40 Hitch right knee. (39) Step down on ball of right. (&) Step left slightly forward. (40)

STEP BALL STEPS, MAKING FULL TURN, BOTA FOGOS.

41& Step right forward. Making ¼ turn left, step ball of left in place.

42-44& Repeat steps 41& (3 Times) Completing Full turn Left.

45&46 Cross right over left. (45) Step ball of left to left side. (&) Step right in place. (46)

47 &48 Cross left over right. (47) Step ball of right to right side. (&) Step left in place. (48)

RESTART DANCE HERE ON WALLS 2 &4

ROCK & 1/4 , ROCK & 1/4 , STEP ½ PIVOT, SHUFFLE.

49&50 Rock forward on right. (49) Recover on left. (&) Make ¼ turn right stepping forward on right(50)

51&52 Rock forward on left.(51) Recover on right. (&) Make ¼ turn left stepping forward on left. (52)

53 – 54 Step forward on right. (53) Pivot ½ turn left. (Weight on left) (54)

55&56 Step right forward. (55) Close left beside right. (&) Step right forward. (56)

ROCK & 1/4, ROCK & 1/2, STEP ½ PIVOT, SHUFFLE.

57&58 Rock forward on left. (57) Recover on right. (&) Make ¼ turn left stepping forward on left. (58)

59&60 Rock forward on right. (59) Recover on left. (&) Make ½ turn right stepping forward on right (60)

61 – 62 Step forward on left. (61) Pivot ½ turn right. (Weight on right) (62)

63&64 Step left forward. (63) Close right beside left. (&) Step left forward. (64)
