

SUGAR PUSH STEPS

- 1 - 2 Walk forward right & left
3 Touch right foot up just behind left foot, keeping weight on left, & clap
4 Step back on right foot
5 - 6 Shuffle in place, left-right-left
7 - 12 Repeat steps 1-6

STOMPS

- 13 - 14 In place, with weight on balls of feet, stomp heels, 2 times

HEEL SWIVELS

- 15 With weight on balls (soles) of feet, swing heels to right
16 With weight on heels of feet, swing soles to right
17 With weight on balls of feet, swing heels to right
18 With weight on heels, swing soles to center, ending with weight on both feet

SUGAR PUSH STEPS

- 19 - 20 Walk back left & right
21 Touch left foot just in front of right & clap
22 Step forward on left foot
23 - 24 Shuffle in place, right-left-right
25 - 30 Repeat steps 19-24

STOMPS

- 31 - 32 In place, weight on balls of feet, stomp heel, 2 times

HEEL SWIVELS

- 33 With weight on balls of feet, swing heels to left
34 With weight on heels of feet, swing soles to left
35 With weight on balls, swing heels to left
36 With weight on heels, swing soles to right, at same time turning 1/4 to left, ending with weight on both feet

REPEAT**Option 1**

- 13 - 14 In place with weight on balls of feet, stomp heels once, then hold & clap
31 - 32 In place with weight on balls of feet, stomp heels once, then hold & clap

Option 2

- 15 - 18 Hip rolls, forward & back, twice
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