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# Sugar Push

BEGINNER 36 Count Choreographed by: Bonnie Reimisch Choreographed to: Woman, Sensuous Woman by Mark Chesnutt

# 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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