

Sugar Push Twist

BEGINNER

48 Count

Choreographed by: Carol Jensen

Choreographed to: If You Just Let Me
Into Your Heart by Mary Chapin Carpenter**FORWARD, FORWARD, KICK, BACK, TURN**

- 1 - 2 Step right forward, step left forward
3 - 4 Kick right forward, step right straight back (weight on right)
5 & 6 1/4 turn left behind right, step right next to left, 1/4 turn onto left

FORWARD, FORWARD, KICK, BACK TURN

- 1 - 2 Step right forward, step left forward
3 - 4 Kick right forward, step right straight back (weight on right)
5 & 6 1/4 turn left behind right, step right next to left, 1/4 turn left onto left

FORWARD, FORWARD, KICK, CROSS, SIDE, TOUCH, BACK, FORWARD, TURN, FORWARD

- 1 - 2 Step right forward, step left forward
3 - 4 Kick right forward, cross right in front of left
5 - 6 Step left side left, touch right next to left
& 7 & 8 Back on right, touch left heel forward, step left next to right, touch right next to left
& 9 & 10 Right behind left into 1/4 turn right, touch left heel forward, step left in place, touch right next to left

FORWARD, KICK, CROSS, SIDE, BACK, FORWARD, TURN, FORWARD

- 1 - 2 Step forward right, kick forward left
3 - 4 Cross left over right, step right side right
& 5 & 6 Step left back, touch right heel forward, step right next to left, touch left next to right
& 7 & 8 Step left behind right into 1/4 turn left, touch right heel forward, step right next to left, step left forward

FORWARD, BACK, TURN, FORWARD, TURN, BACK, SAILOR STEP (TWICE)

- 1 - 2 Step forward right, step back left
3 - 4 Pivot 1/2 turn right onto right, step forward left
5 - 6 Pivot 1/2 turn left onto right, step back on left
7 & 8 Cross right behind left, step ball of left foot side left, change weight to right as you step to side right
9 & 10 Cross left behind right, step ball of right foot side right, change weight to left as you step to side left

HIP BUMPS, HIP BUMPS, FORWARD, FORWARD, TURN, FORWARD

- 1 - 2 Step right forward into 1/4 turn left as you bump hip to right, bump hip right again
3 - 4 Pivot 1/2 turn right on ball of right foot stepping onto left as you bump hip left, bump hip left again
& 5 - 6 Step back on ball of right foot, forward onto left, forward onto right
7 - 8 Pivot 1/4 turn left on left (weight to left), touch right next to left

REPEAT