

SYNCOPATED SUGAR PUSH

- 1 - 2 Step forward right, forward left
3 & 4 Kick right forward, step back right, cross left in front of right
5 & 6 Step back on right, step left foot next to right, point right foot to right side

SYNCOPATED TOE TOUCHES

- 7 & Touch right toe forward & in front of left toe, step back home with right foot
8 & Touch left toe forward & in front of right toe, step back home with left foot
9 & Touch right toe forward & in front of left toe, step back home with right foot
10 & Touch right toe forward & in front of left toe, step back home with right foot

KNEE SWING, SHUFFLE FORWARD, 2 PIVOT TURNS

- 11 & 12 Lift right knee up & across left leg, swing it to the right, making 1/4 turn while pivoting on left foot
13 & 14 Step forward with right foot, bring left foot to right, step forward with right foot
15 - 16 Point left toe forward, pivot 1/2 turn right
17 - 18 Point left toe forward, pivot 1/2 turn right

2 KICK-BALL CHANGES, KICK, HOOK, TURN

- 19 & 20 Kick left foot forward, step down on ball of left foot, step on right foot
21 & 22 Kick left foot forward, step down on ball of left foot, step on right foot
23 - 24 Kick left foot forward, swing left foot back and bend behind right leg, making 1/4 turn left, pivoting on right foot

HEEL JACKS

- & 25 Step down on left foot, cross right foot over left
& 26 Step back on left foot, extend right heel 45 degrees right
& 27 Step home with right foot, cross left over right
& 28 Step back on right foot, extend left heel 45 degrees left
& 29 Step home with left foot, cross right foot over left
& 30 Step back with left foot, making 1/4 turn right, extend right heel forward
31 - 32 Roll hips to the right (can do body roll)

REPEAT
