

Sugarfoot Triples

- 1 - 2 Point Right Toe To Left Instep. Point Right Heel To Left Instep
3 & 4 Triple Step On The Spot - Right, Left, Right. (= 2 Beats)
5 - 6 Point Left Toe To Right Instep. Point Left Heel To Right Instep
7 & 8 Triple Step On The Spot - Left, Right, Left. (= 2 Beats)

Charleston Kicks

- 9 - 10 Step Forward On Right Foot. Kick Left Foot Forward. (& Clap)
11 - 12 Step Back On Left Foot. Touch Right Toe Back (& Clap)
13 - 14 Step Forward On Right Foot. Kick Left Foot Forward. (& Clap)
15 - 16 Step Back On Left Foot. Touch Right Toe Back (& Clap)

Right Grapevine

- 17 - 18 Right Foot Steps To Right Side. Cross Left Foot Behind Right.
19 - 20 Right Foot Steps To Right Side. Kick Left Forward Diagonally

Left Grapevine With 1/4 Turn Left.

- 21 - 22 Left Foot Steps To Left Side. Cross Right Foot Behind Left.
23 Left Foot Steps To Left Side Making 1/4 Turn Left.
24 Touch Right Foot Besides Left. (& Clap)

Slides

- 25 - 26 Right Foot Takes Long Step Forward Bending Knees
27 - 28 Slide The Left Foot Up Next To Right. Stand Straight (& Clap)
29 - 30 Left Foot Takes A Long Step Backwards Bending Knees
31 - 32 Slide The Right Foot Back To Left. Stand Straight (& Clap)

Heel Raises

- 33 Raise Left Heel & Bump Right Hip To Right Side.
34 Raise Right Heel & Bump Left Hip To Left Side.
35 Raise Left Heel & Bump Right Hip To Right Side.
36 Raise Right Heel & Bump Left Hip To Left Side.

Pivot Turns.

- 37 - 38 Step Forward On Right. Pivot 1/2 Turn To Left.
39 - 40 Step Forward On Right. Pivot 1/2 Turn To Left. (weight On Left)
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