

MILK & SUGAR

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Count: 64 **Wall:** 4 **Level:** intermediate

Choreographer: 'Diddy' Dave Morgan (March 2006)

Music: Let The Sun Shine In by Milk & Sugar

SAMBA STEPS FORWARD & BACK, SAMBA STEPS FORWARD & BACK, ¼ TURN RIGHT

- 1&2** Step forward on right, step ball of left beside right, step right in place
- 3&4** Step back on left, step ball of right beside left, step left in place
- 5-8** Repeat steps 1-4 making ¼ turn right

WALK RIGHT, LEFT ROCK BALL STEP, WALK LEFT, RIGHT ROCK BALL STEP

- 9-10** Step forward on right, step forward on left
- 11&12** Rock forward on right, rock back on to ball of left, step right beside left
- 13-14** Step forward on left, step forward on right
- 15&16** Rock forward on left, rock back on to ball of right, step left beside right

On the & count between steps 11&12 and steps 15&16 push hips back as if being hit in stomach

STEP ½ PIVOT, RIGHT SHUFFLE, ROCK RECOVER, COASTER STEP

- 17-18** Step forward on right, pivot ½ turn left (weight on left)
- 19&20** Step forward on right, close left beside right, step forward on right
- 21-22** Rock forward on left, recover on to right
- 23&24** Step back on left, step right beside left, step forward on left

BOTOFOGOS, ROCK RECOVER, CROSS SHUFFLE

- 25&26** Cross right over left, step ball of left to left side, step right in place
- 27&28** Cross left over right, step ball of right to right side, step left in place
- 29-30** Rock forward on right, recover onto left
- &31&32** Step right beside left, cross left over right, step right to right side, cross left over right

SIDE ROCK, RECOVER, BEHIND ½ SIDE, SAILOR STEP, HITCH BALL STEP

- 33-34** Rock right to right side, recover on to left
- 35&36** Step right behind left, making ½ turn left step forward on left, step right to right side

37&38 Step left behind right, step right beside left, step left to left side

39&40 Hitch right knee, step down on ball of right, step left slightly forward

STEP BALL STEPS, MAKING FULL TURN, BOTOFOGOS

41& Step right forward, making $\frac{1}{4}$ turn left, step ball of left in place

42-44& Repeat steps 41& (3 times) completing full turn left

45&46 Cross right over left, step ball of left to left side, step right in place

47&48 Cross left over right, step ball of right to right side, step left in place

Restart dance here on walls 2 & 4

ROCK & $\frac{1}{4}$, ROCK & $\frac{1}{4}$, STEP $\frac{1}{2}$ PIVOT, SHUFFLE

49&50 Rock forward on right, recover on left, make $\frac{1}{4}$ turn right stepping forward on right

51&52 Rock forward on left, recover on right, make $\frac{1}{4}$ turn left stepping forward on left

53-54 Step forward on right, pivot $\frac{1}{2}$ turn left (weight on left)

55&56 Step right forward, close left beside right, step right forward

ROCK & $\frac{1}{4}$, ROCK & $\frac{1}{2}$, STEP $\frac{1}{2}$ PIVOT, SHUFFLE

57&58 Rock forward on left, recover on right, make $\frac{1}{4}$ turn left stepping forward on left

59&60 Rock forward on right, recover on left, make $\frac{1}{2}$ turn right stepping forward on right

61-62 Step forward on left, pivot $\frac{1}{2}$ turn right (weight on right)

63&64 Step left forward, close right beside left, step left forward

REPEAT